U.S. HOUSE PASSES MASSIVE STIMULUS, PG 14

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Obama lands on Feb. 19

OTTAWA Fresh off the pomp and ceremony of his inauguration, U.S. President Barack Obama's Feb. 19 visit to Canada promises to be a more low-key affair.

Canadians are trying to keep the focus for Obama's meeting with Prime Minister Stephen Harper on work, not ceremony.

U.S. President Barack Obama

While the visit was previously announced, the date was confirmed yesterday by Washington and Ottawa. It will be Obama's first trip abroad as president.

"This is a testament not just to the size of our trading relationship and the closeness of our alliance, but also the strength of our friendship," Harper said.

Obama's office provided few details but said the focus will likely be the sagging economy.

TORSTAR NEWS SERVICE

Food pg 28

Relax while cooking chili

Metro Homes pg 20

Your cubby, your castle

Tories 'on probation'

Coalition collapses as Liberal leader gives support to Conservative budget

Canada 2009
Federal Budget

The Conservative government has accepted a Liberal change to the federal budget that requires periodic parliamentary reports on how its $40-billion economic rescue package is being spent — a move that guarantees the budget's passage and the government's probable survival well into 2010.

With the Liberals' support of the Conservative budget, the would-be coalition with the New Democrats, backed by the Bloc Québécois, collapsed.

It was the latest twist in a political drama that erupted in November and led to the near-defeat of Prime Minister Stephen Harper's minority government.

The Conservatives earned a new lease on government — but only to implement a massive pro-growth spending plan dictated in part by their opposition adversaries and leaving the government with a $64-billion deficit within two years.

The Liberal amendment calls for reports that would require three more mini-fiscal updates. The Conservative government quickly accepted the change, which means the budget could pass as early as Monday.

"We are putting this government on probation," Liberal Leader Michael Ignatieff declared yesterday. "We will be watching like hawks to make sure that the investments Canadians need actually reach them."

ADRIAN WYLD/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff speaks in the House of Commons in Ottawa yesterday. Ignatieff said he will support the federal budget, guaranteeing its passage. **More coverage, pages 10-12, 15.**

The motion will require these report cards at the end of March, in June and again in December. Ignatieff said if the reports reveal the government is not delivering on its budget pledges, the Liberals will withdraw their support for the Tories in Parliament.

"There remains a problem of trust, there remains a sense that they announce and don't deliver, a sense that they promise and don't get the money out the door," said Ignatieff, adding Harper should "proceed with extreme caution."

Harper did not formally speak on the amendment, but senior government ministers cast the amendment as recognition of what the government already does — account to Canadians for how it spends their money.

Meanwhile, NDP Leader Jack Layton and BQ Leader Gilles Duceppe said the Liberals will wear the Conservatives' budget.

"The coalition is dead, very clearly," said Duceppe.

Layton lashed out at Ignatieff, accusing him of forming a new coalition with the Harper government.

TORSTAR NEWS SERVICE

Conditions

- The Liberals want Tories to "provide ongoing economic and fiscal updates; detail the actual implementation of the budget; and itemize the actual effects of the budget."
- The tests for approval: Protection of most vulnerable; the minimizing of existing job losses; creation of employment opportunities of tomorrow; provision of economic stimulus in a manner fair to all regions; and assurance the deficit is not a burden to future generations or a detriment to economic recovery.
- The Conservatives must also provide details on any adjustments or new measures.

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Company fined after worker dies
A construction company and electrical contractor have been fined $100,000 after a worker in Burlington was electrocuted and died. The Labour Ministry says a 600-volt cable had been improperly buried and connected without authorization at a construction site. TORSTAR NEWS SERVICE

Local

Four arrested in drug bust

Four Mississauga men have been charged after Peel Police recovered $74,000 worth of drugs yesterday at a Rathburn Road apartment. Police seized more than six kilograms of marijuana, 55 grams of cocaine and small amounts of hashish and psilocybin, along with a .45-calibre semi-automatic gun.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Entertainment

Do Renée Zellweger and Harry Connick Jr. heat up the screen in their new romantic comedy New In Town? Metro finds out.

metronews.ca

WHAT'S ONLINE TODAY

Video Jack Layton blasts Michael Ignatieff for allowing the budget to pass at **metronews.ca/canada**

Blogs Political Stripes on the impact of the opposition coalition on this week's budget at **metronews.ca**

Lotteries

Lotto 6/49: 1, 6, 20, 22, 24 & 46. Bonus 36.
Ontario 49: 2, 14, 22, 28, 36 & 47. Bonus 1.
Ontario Pick 3: 4 3 5; **Ontario Pick 4:** 2 6 3 0
Encore: 3248037
Daily Keno: 1, 8, 11, 14, 16, 20, 21, 23, 28, 32, 37, 39, 45, 49, 52, 54, 55, 56, 58, 69.
These results are not official.

Winter wonderland **The white stuff is back**

RICHARD LAUTENS/TORSTAR NEWS SERVICE

A Ward's Island resident makes a run through the snow for the noon ferry to leave the Island. The winter weather continues in Toronto today, but is not expected to match the approximately 13 centimetres of snow that fell on the city yesterday.

York U strike all but over

It's all over but the voting.

The provincial government will force an end this morning to the three-month strike at York University and allow 45,000 students to resume classes Monday with the expected passage of legislation ordering 3,340 contract professors back to work.

Today's vote on Bill 145 comes on the fifth day of an emergency session of the Ontario legislature to introduce back-to-work legislation. The NDP opposes the bill, but with only 10 seats it will be unable to prevent its passage.

The striking contract workers, members of the Canadian Union of Public Employees local 3903, withdrew late yesterday their threat of a court challenge to the legislation, removing a potential obstacle to the resumption of classes.

"We have reached a point that the only way they can get back to class is if we simply allow this to go ahead," said York graduate student and CUPE media spokesperson Tyler Shipley. "I'm sure the students are pretty sick of being used as a pawn of a larger game."

TORSTAR NEWS SERVICE

Longest strike at English university

- The strike was the longest ever at an English-speaking university in Canada and will mark the third time in 12 years that labour strife has forced York to extend classes into the summer.

Will Union dough show?

Commuter hub needs reno

There was a sense of déjà vu floating around Toronto City Hall this week after Finance Minister Jim Flaherty pledged in the budget speech that the landmark Union Station would finally be revitalized.

It's not the first time the federal government has committed money for the key commuter hub, whose cracked floors and crowded concourses testify to how previous commitments worked out.

In June 2000, then-transportation minister David Collenette, a Liberal, announced at a news conference with then-mayor Mel Lastman that Ottawa would put up $25 million to preserve heritage and other elements of station.

The money never arrived.

The federal government's pledge was withdrawn after Ottawa demanded the station have its own board of directors, but the city insisted on retaining control.

"The $25 million was not provided to the city," finance spokesperson Cindy Bromley said yesterday. "The money did not flow."

The city, which acquired the station from the railways in 2000, went on to develop impressive plans to revitalize the station, but it has been unable to act.

Looking around for private money to get it done, the city picked Union Pearson Group, a private consortium that planned to invest up to $150 million. But after years of talks, no deal was reached. TORSTAR NEWS SERVICE

Canada 2009
Federal **Budget**

Councillor wants a pay freeze

ECONOMY Coun. Case Ootes had put forward a motion asking councillors to forgo their pay increase as a sign of leadership in difficult times.

Councillors will get a 2.42 per cent cost-of-living raise next week and will continue to receive it until at least spring. That's when the issue of a proposed pay freeze will next come up — at the April 7 executive committee meeting. TORSTAR NEWS SERVICE

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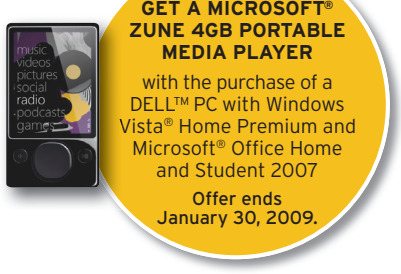

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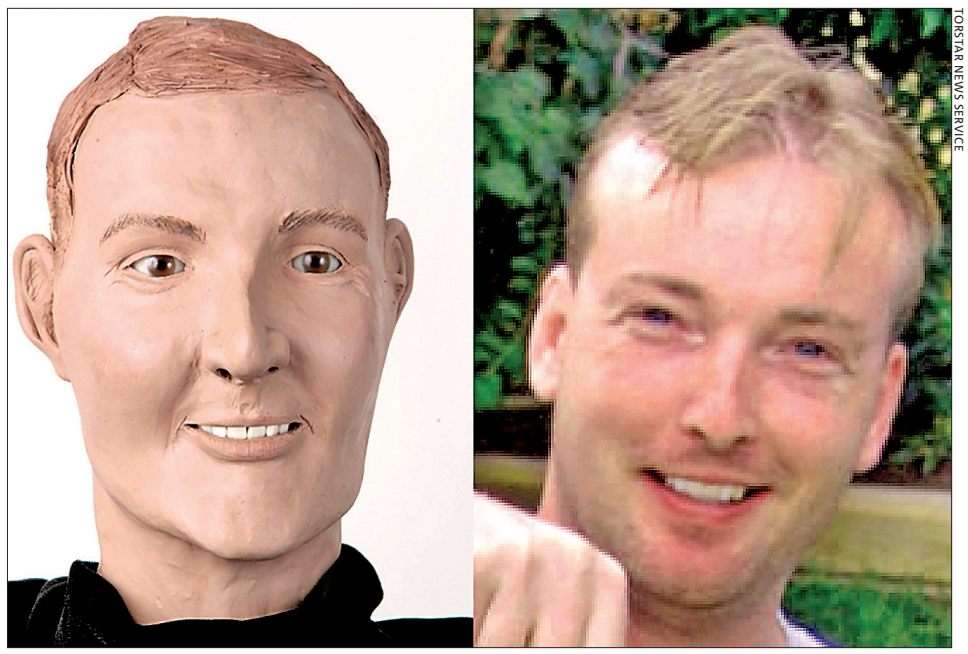
Man arrested for Christmas Eve robbery
Halton police have arrested Philip Bogdanski, 23, of Mississauga in connection with a Milton bank robbery on Dec. 24. TORSTAR NEWS SERVICE



TORSTAR NEWS SERVICE

A 3-D clay facial reconstruction by Michigan State Police Trooper Sarah Krebs, left, has led to the identification of the body of Steve Hudson, who went missing from Mississauga in January 2008. His body washed ashore in Michigan last May.

Reconstruction ID's missing man

Steve Hudson's body found in Michigan

The first thing Trooper Sarah Krebs noticed on the unidentified skull were the teeth. Shiny, white, well-cared-for teeth.

"You could tell he was someone who took care of himself, someone other people cared about," the eight-year Michigan State Police veteran said.

And so began a long process, including 120 hours of intricate 3-D clay reconstruction, that led Krebs, a forensic police artist, to give the skull a face and ultimately identify the body of Steve Hudson, missing from Mississauga for more than a year.

His car was found last January in Amherstburg, near Windsor, but there had been no sign of him since.

Hudson's decomposed body washed ashore near a nuclear power plant in Michigan May 6.

Police found no signs of foul play.

Krebs was called in to work with the skull after fingerprints, DNA and vague tips led to a dead end.

She was readying a media release when Hudson's picture stared out at her from a computer screen.

"I thought it was pretty uncanny how much recognition I got in the face," she said. "It jumped right off the website at me."

Tests confirmed the body was of the 36-year-old man from Peel.

Peel police have closed their missing person file on Hudson, Const. Adam Minion said yesterday.

TORSTAR NEWS SERVICE

Photo spotted on website

• Hudson's common-law wife, Agata Mirowska, never gave up hope and had posted his picture on several websites for missing persons. It was on one of those sites that Krebs spotted Hudson's photo, even before she had time to organize a public appeal to identify her reconstructed creation.

City councillors want TTC 'relief line' made a priority

TRANSIT Toronto council wants a proposed TTC "relief line" — which could run south from Donlands or Pape station to downtown and connect to the other side of the Bloor subway — made a priority over extending the Yonge line into York Region.

Council voted yesterday to ask Metrolinx to make the relief line — an idea that's been kicking around since the late 1980s — part of its 15-year plan instead of its 25-year plan, and push it ahead of the Yonge extension.

The cost of the Metrolinx-backed 6.8-kilometre Yonge project is estimated at $2.4 billion. The TTC will soon submit its own report on the plan to the Ontario environment ministry, along with conditions for approval that could double the cost.

TORSTAR NEWS SERVICE

York vs. Toronto

• While the Yonge extension is a priority for York Region, it is much less so for Toronto. Some Toronto councillors are concerned that adding to the line will overwhelm an already packed system.

News in brief

SMUGGLING A New York man arrested at Pearson International Airport this week is accused of trying to smuggle more than $600,000 of jewelry in a special vest that concealed more than 1,700 chains, charms and other pieces, police say. RCMP said the vest weighed more than 13 kilograms. David Rein was charged with smuggling, making a false statement, and evading duties under the Customs Act. He is being held for a bail hearing.

DOG Police Service dog Titan assisted in the arrests of two suspected snowmobile thieves yesterday in Oshawa. A 17-year-old and 15-year-old are charged with theft over $5,000, being unlawfully in a dwelling house and possession of property obtained by crime.

TORSTAR NEWS SERVICE

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Teachers risk losing raise

Toronto's public high school teachers are a day away from losing a 12 per cent raise over the next four years as their union's impasse continues with the school board over the issue of supervision.

Board chair John Campbell said yesterday after a meeting of trustees the board sees several options on the table, including asking the province to force a vote by teachers on the offer.

That is a last resort, he added. "Hopefully, we negotiate a settlement at the last minute … but we're not prepared to let the deadline pass and everything just fall apart."

The two sides have until tomorrow midnight to reach a deal or lose the provincial commitment to four-year salary increases. After the deadline, the only money available from Queen's Park is for a four per cent raise over two years.

Toronto's District 12 of the Ontario Secondary School Teachers' Federation is one of just nine locals across the province not to have reached an accord.

Toronto teachers spend far less time supervising hallways, computer labs or libraries than their counterparts across the province, at a time when student safety is a critical issue in this city. Doug Jolliffe, who heads District 12, has said the union won't bend on the issue of increased supervision requirements for its 6,500 teachers because that is not the solution to school violence.

"Hopefully, we negotiate a settlement at the last minute."
John Campbell

He has said if the deadline is missed, both sides lose. "Yeah, there's stuff in there for teachers and for other education workers, but there's also stuff in there for the board … I hope the trustees understand that," Jolliffe said.

TORSTAR NEWS SERVICE

Local grocer still closed after failed reinspection

PUBLIC HEALTH The minute he saw a mouse scurrying around mesh bags of almonds on the shelves at Loblaws Sunday, Kendall Collingridge knew he had to tell someone.

"It was in plain sight," said the 28-year-old, a long-time customer of the Dupont and Christie streets supermarket. "There was a mouse turd right beside the package."

His tip led city inspectors Monday to shut down the supermarket after they discovered an infestation of mice and rats, including droppings in food preparation areas.

The store remains closed today and health officials say they don't know how long it will take for the company to comply with health and sanitation requirements.

"This isolated incident at this store was due to a combination of items, including recent store construction, cold weather and the breakdown of the pest control processes at the store," said a statement released last night by Loblaw Companies Ltd., which owns Loblaws.

The Loblaws inspection report, obtained by the Toronto Star, details a dozen health issues requiring attention.

The company failed a reinspection Tuesday afternoon and hadn't requested another as of last night.

TORSTAR NEWS SERVICE

Fines

- The company may face three charges that could draw fines of up to $25,000 each. The charges are related to the infestation and improper food handling.

News in brief

VIRGIN Richard Branson spoke to a collection of the city's top advertising and marketing executives at the waterfront Filmport yesterday. He was here pumping his many philanthropic efforts and offering wisdom to anxious ad men and women on how to weather the plunging economy. On that score, there wasn't much solace. His remarks boiled down to an analysis — "Things will get much worse" — and a piece of advice — "Pull yourself up by your own bootstraps". Judging from the grim silence that settled on the well-heeled crowd, it was looking for something sunnier from brand marketing's best-known guru.

TORSTAR NEWS SERVICE

Possibility grows in Ontario's Greenbelt ~ #1 in a series

Jason Verkaik hand-picks possibility.

Jason Verkaik at Carron Farms in the Holland Marsh

"In Ontario, we shouldn't have to import produce. We can grow it locally," says Jason Verkaik. Jason's a farmer in the Holland Marsh, 35 minutes north of Toronto. It's home to about 150 farmers, over 10,000 acres of some of the most fertile soil in Canada, and some of the most fertile thinking about local food production anywhere. All on farmland protected by Ontario's Greenbelt.

Until recently, the Marsh mostly grew carrots, onions and celery that were shipped around the world. But the farmers of the Holland Marsh Growers' Association turned that model on its head, starting with an initiative to grow international food for local markets.

Jason holds beautiful red carrots, often used in East Indian cuisine, that are perfect examples. "Growing them here means they don't have to be shipped in from halfway around the world." Less shipping also means a reduced carbon footprint. Crop diversity actually improves the soil. And it's all boosting the local economy, as the Marsh now grows more than 40 different kinds of produce. Swiss chard, bok choy, Asian radishes, with more on the way. "If you want something, let us know," Jason says.

The farmers of the Holland Marsh are fired-up about the possibilities they're harvesting in Ontario's Greenbelt, and what it means to a world hungry for local food solutions. More and more farmers can grow a wide variety of food and get it on local dinner plates within 24 hours. "It's really exciting to see what's going to be next."

To see a video of Jason and other stories from Ontario's Greenbelt visit: www.greenbelt.ca

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Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
York Lanes (York University)
2187 Queen St. E (The Beach)
2501 Yonge St. (at Castlefield)
363 Front St. W (City Place)
455 Danforth Ave.
155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

WEST

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Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
60 Great Lakes Dr.
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2880 Queen St. E
(Hwy. 7 & Airport Rd.)
26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

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Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
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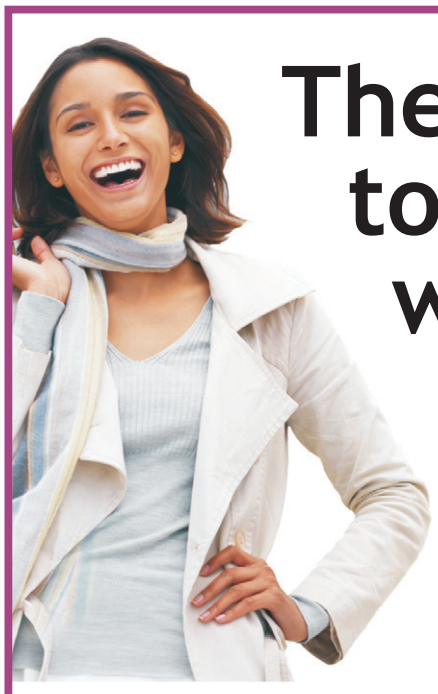

The first step to a healthy weight loss

Part 8

Your Liver, Your Friend...

The liver is the most voluminous organ in the human body, weighing 1,500 grams on average. Its very size suggests the importance of the roles and FUNCTIONS performed by the liver.

The liver is located below the diaphragm, with its largest part on the right-hand side. When people say their liver hurts and touch their left side..., this is actually a "Dr. Watson error".

Functions of the liver:

From an earlier item in this series entitled "How Well Do You Know Your Organs of Elimination?", you may recall what I said about the liver, i.e., that it is the "laboratory" of the human body.

Here are the reasons for this:

The liver performs hundreds of functions, which can be grouped into three large categories, namely, purification, synthesizing and storage.

The liver cleanses the blood:

The liver carries out most of its exchanges with the rest of the body through its double blood supply (portal vein and hepatic arteries), which terminates in numerous capillaries that go inside the liver. Thanks to this system, the liver is able to neutralize and destroy toxic substances. It also ensures that drugs, alcohol and chemical products are metabolized.

The liver's synthesizing function:

The liver plays a role in metabolizing carbohydrates, lipids and proteins. All of the substances produced by the liver then use its vascular system to reach the blood system.

Your liver is a veritable warehouse...

To be continued on February 3rd...

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An all-American hero with all-Canadian pedigree

Chris Jackson, a cameraman from Toronto, was awarded the U.S. navy's Distinguished Public Service award Tuesday for saving the life of a U.S. marine. THE CANADIAN PRESS

KEITH BEATY/TORSTAR NEWS SERVICE

Mike Sullivan lives on Church Street, one of the roads near the rails that will carry, by his count, more than 100 trains a day right through his neighbourhood. His Weston Community Coalition will be taking its concerns to a series of open houses around the proposed rail link that start today.

Rail link still rattles folks

On the face of it, Mike Sullivan and his Weston neighbours have already made significant gains in their fight to stop their community from being split apart by a train that's supposed to connect downtown Toronto with the airport.

Transportation planners laughed three years ago when the Weston Community Coalition, chaired by Sullivan, suggested that, at the very least, such a train should stop in their neighbourhood.

The latest version of the Union Station-to-Pearson train plan, unveiled by Metrolinx last week, includes not just a stop, but a full GO station in Weston. The proposal also involves tunnelling the track in the most intrusive section under King and Church streets (in the Jane Street and Lawrence Avenue area) and connecting nearby John Street over the tracks with a footbridge.

> **"If you want to make it world-class, it's got to be electric."**
> Mike Sullivan

So why is Sullivan, a full-time union rep, again rallying the neighbours against a proposal that could be reality in five years? Is the labour rep for the Communications, Energy & Paperworkers Union of Canada just spoiling for a fight in his off hours?

He stresses he's not against the air-rail link. But he wants the government to consider alternatives, including a subway. And he's offended taxpayer money would subsidize a private company, SNC-Lavalin, in building and running it.

Sullivan can't accept the notion of big, noisy diesel engines — no matter how clean they're supposed to run — whooshing through the neighbourhood, metres from schools, homes and churches.

"If you want to make it world-class, it's got to be electric," he says.

Once the project is complete, Sullivan contends it will be the busiest diesel corridor in North America, with a freight or passenger train running through every three or four minutes, 20 hours a day.

Dan Harris is not a member of the Weston Community Coalition, but he thinks Sullivan, his friend and neighbour, has a point.

"In this day and age, it's hard to understand how you could build such a train and not make it electric. He is castigated for saying reasonable things," says Harris, a labour arbitrator and lifelong Weston resident.

TORSTAR NEWS SERVICE

Metrolinx Station-to-Pearson plan

- Metrolinx envisions 220 trains a day on the corridor that will connect downtown with Pearson, 140 of which will be the airport runs, according to general manager Colleen Bell.
- The air-rail link will be composed of trains about 52 metres long, she said. That's a little longer than two articulated streetcars.

Eight times the fun & fizzle

BABIES Even people who are surrounded by multiples everyday were struck by news a woman in Southern California has given birth to octuplets.

The six boys and two girls were born Monday, arriving nine weeks premature, and ranging in weight from one pound, eight ounces, to three pounds, four ounces.

Vida and David Asuama of Toronto have their hands full with seven-year-old twin boys, Jeffrey and Justin, and three-year-old triplets, Joel, Jeremy and Jason.

"Eight?" said Vida in disbelief when she heard about the unidentified woman in California, and pondered the work that lies ahead. "It's hard, but they have to try their best," she said. "It's very good because it's fun, but they have to pray a lot, too. Because you can't do everything by yourself."

The octuplets were all breathing on their own yesterday. Three of the babies were still receiving supplemental oxygen, but were inhaling and exhaling on their own. Five have begun feedings on donated breast milk through tubes.

THE CANADIAN PRESS

Multiple births

- About 10,000 babies are born each year in Canada who are multiple birth children, representing about 4,200 pregnancies.

Celebration soup draws protest

SHARK Chinese New Year celebrations have begun and that means a feast for Asian families gathering to mark the Year of the Ox, although it's the shark environmentalists are worried about.

Humane Society International is targeting Chinese restaurants this week with its campaign against shark finning in major cities across North America. Shark fin soup, a prized delicacy is a highlight at Chinese New Year festivities.

Environmental groups say millions of sharks are dumped back into the ocean after their fins are cut off, leaving them to die a slow and painful death.

THE CANADIAN PRESS

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Funding out of reach for many municipalities, Sherbrooke mayor says

Jean Perrault, president of the Federation of Canadian Municipalities and mayor of Sherbrooke, Que., said red tape plus conditions on federal infrastructure funding puts it out of reach for many cash-strapped municipalities. **TORSTAR NEWS SERVICE**

Canada

Building blocks

Canadian retailers are eager to piggy back on the federal government's new home renovations tax credit by offering additional incentives to secure a piece of the action in the face of consumer angst. Rona Inc. and Home Depot Canada, the country's two biggest renovations chains, said yesterday they're preparing to announce programs in the coming days. THE CANADIAN PRESS

Large dollop of cynicism

Cities have seen this story before

Canadian cities have heard the federal government promise before that infrastructure cheques were in the mail, only to be disappointed time and again, critics say.

Canada 2009 Federal **Budget**

Beyond the allure of $4 billion in Tuesday's budget for repairing and replacing roads, bridges, water and sewage treatment facilities is large a dollop of cynicism that the money will never flow.

Municipal officials and opposition critics point to the fact that only $20 million of the $33 billion in the Building Canada Fund (BCF) promised in 2006 over seven years by the Conservatives has actually been paid out.

The Federation of Canadian Municipalities estimates the BCF has allocated less than $300 million of the $1.5 billion announced in its first two years of budgeted spending. To complicate matters, most municipalities have passed their budgets for this year.

TORSTAR NEWS SERVICE

TOM HANSON/THE CANADIAN PRESS

Prime Minister Stephen Harper chats with construction workers Andrew Clark, left, and Josh McFarlane yesterday while visiting a home renovation project in Ottawa. Tuesday's federal budget called for tax breaks in home building and renovation projects.

TAX CREDITS

Reno incentives

Some facts about the federal home renovations tax credit:

What: 15% tax credit for expenditures between $1,000 and $10,000 made before Feb. 1, 2010.

Maximum tax credit: $1,350 ($1,127 in Quebec)

Estimated cost: $3 billion

What's included: Kitchen, bathroom or basement renovations, new flooring, additions, decks, fences, retaining walls, new furnaces and water heaters, paint, driveway resurfacing, sod.

What's not included: Purchase of furniture, appliances, tools, carpet cleaning and maintenance contracts.

THE CANADIAN PRESS

Wings clipped for cabinet members

TRAVEL If you can still afford to travel by air, keep an eye out for federal Tory cabinet members. They will be the ones at the back of the plane.

The government is eyeing cost savings that could cause turbulence in the jet-set lives of politicians. Measures in this week's budget would bump cabinet ministers, political staff and senior civil servants from their business-class seats on flights of less than two hours and freeze spending at 2008 levels for all travel, lunches and hospitality.

The government vowed to "rein in" departmental spending after the last election, but the limitations could come as a shock for cabinet ministers accustomed to first-class treatment.

TORSTAR NEWS SERVICE

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Ontario to get $1B over five years for transition of displaced workers
Premier Dalton McGuinty was delighted the federal Tories agreed to his long-standing demand for a regional economic development agency to help southern Ontario. That will mean $1 billion over five years for the province to ease the transition of displaced workers to other industries. **TORSTAR NEWS SERVICE**

McGuinty praises PM

Premier pleased with budget

Hailing Stephen Harper as the "prime minister who actually delivered" for Ontario, Premier Dalton McGuinty said the federal budget is just the tonic for the province's ailing economy.

In his first public statement on Tuesday's Conservative budget, Liberal McGuinty crowed it was a victory for his four-year-old "fairness" crusade for Ontario.

Canada 2009 Federal Budget

While provincial officials were still crunching the numbers last night, early Ministry of Finance projections estimate the federal stimulus package could inject between $17 billion and $19 billion into the Ontario economy over the next two years.

"I want to commend Prime Minister Harper and his government for listening to some of the very specific concerns that Ontarians have expressed for an extended period of time," the premier said yesterday.

Touting the "significant progress Ontarians made … as a result of the federal budget," McGuinty praised Harper for addressing three of the four cornerstone grievances his government has been publicizing on its website, www.fairness.ca.

The only provincial gripe Ottawa did not fully deal with is a revamp of Employment Insurance so the unemployed will still receive less than their counterparts across Canada, though benefits have been extended by five weeks to a maximum of 50 weeks.

TORSTAR NEWS SERVICE

JOE GIBBON/THE CANADIAN PRESS

Newfoundland and Labrador Premier Danny Williams.

Williams not so happy with feds

Newfoundland and Labrador Premier Danny Williams is asking the seven opposition MPs from his province to make a symbolic stand and vote against the federal budget that he says will cost his province $1.5 billion over the next three years.

Canada 2009 Federal Budget

Williams is incensed after the federal government introduced provisions in the budget that change the way the federal equalization formula is calculated.

While the province stopped receiving equalization payments last year, it continues to receive money under the 1985 Atlantic Accord. That agreement between Ottawa and Newfoundland sets out the rules for sharing revenue from the province's offshore energy industry and is influenced by equalization calculations.

Newfoundland expected to receive $2.7 billion in Atlantic Accord payments over the next three years, but that will drop to $1.2 billion because of changes to the way the equalization formula is calculated.

THE CANADIAN PRESS

IMF revises outlook for Canadian economy

The International Monetary Fund expects the global economy to come "to a virtual halt" this year, and says Canada's economic recovery will be far less vigorous than the federal government and the country's central bank are predicting.

The world body yesterday revised its outlook for Canada sharply downward, forecasting the country's economy will grow by a sluggish 1.6 per cent in 2010, after contracting by 1.2 per cent this year.

That view contrasts markedly with the much more energetic rebound Finance Minister Jim Flaherty predicted a day earlier in a big-spending budget aimed at cushioning the blow of the recession.

The IMF is now forecasting global growth to fall to 0.5 per cent in 2009, the lowest rate since the Second World War.

TORSTAR NEWS SERVICE

Feds prepared to end Ottawa transit strike

Federal Labour Minister Rona Ambrose says she's prepared to legislate striking Ottawa transit workers back to work. Premier Dalton McGuinty has urged the federal government to end the labour dispute, which comes under Ottawa's jurisdiction because the bus routes cross the Ontario-Quebec border. THE CANADIAN PRESS

Big break

Haligonian artist to appear on The Martha Stewart Show

JENNIFER TAPLIN
Metro Canada

Martha Stewart will host a Haligonian artist on an upcoming show.

Michelle SaintOnge was invited to demonstrate some of her silkscreening skills during a live taping in New York Feb. 11.

"I was ridiculously thrilled," she said. "It's like a once-in-a-lifetime opportunity to get the word out there that I'm doing this. Many people don't ever get that chance."

SaintOnge submitted a proposal to a producer of The Martha Stewart Show soon after launching a handbag line in the fall.

"Just after Christmas, the producer said she really liked my last proposal and she was going to pitch it to Martha. The very next day, I was booked."

SaintOnge calls Stewart the "matriarch of the do-it-yourself movement."

"She's pretty important to everything I've been doing the last little while."

"She's pretty important to everything I've been doing the last little while."
Michelle SaintOnge

Viewers will be able to download a stencil she designed, then use their homemade frames to print it onto a tote bag or T-shirt.

SaintOnge, who took animal behaviour psychology at Dalhousie University in Halifax, said she focuses on animals for the majority of her designs.

"I find inspiration in animals," she said. "I find them really funny and as far as subject matter, they're more entertaining than flowers."

SUBMITTED PHOTO/DALHOUSIE NEWS

Halifax artist Michelle SaintOnge will appear on The Martha Stewart Show Feb. 11.

Big 3 automakers are 'highly over-dealered,' analyst says

Canada 2009 Federal Budget

INDUSTRY Despite measures in the federal budget to help free up financing for businesses and consumers, one auto industry analyst predicts 500 car dealerships across Canada will close over the next five years, and the auto supply sector will shrink substantially as well.

"GM, Ford and Chrysler are highly over-dealered," Dennis DesRosiers of DesRosiers Automotive Consultants said yesterday.

Because of this overabundance of dealerships, the sector — which has already shrunk by approximately 400 dealerships over the last decade — will continue to contract dramatically, DesRosiers said.

There are currently about 3,000 new car dealerships in Canada.

THE CANADIAN PRESS

News in brief

OLYMPICS Police say they have been meeting with critics of the 2010 Winter Games to discuss security plans for the duration of the international event. But that comes as news to many of the leading watchdog groups, who say they haven't heard anything from the integrated policing unit that will be responsible for securing the Games — and respecting civil rights while they do it.

HEALTH A new study suggests somewhere between five and 15 per cent of all recurrent heart attacks are caused by the fact that patients are taking a combination of the anti-clotting drug Plavix (clopidogrel) and a gastric acid-reducing medication called a proton pump inhibitor or PPI, said the study's lead author, Dr. David Juurlink.

NANOMATERIALS Experts say Canada is poised to become the first government in the world to require companies to report their use of potentially harmful nanomaterials in products.

THE CANADIAN PRESS

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Hot planet gets even hotter — 700 C hotter
Astronomers have found a planet with a galactic case of hot flashes. In just six hours, HD80606b, a lifeless world four times the size of Jupiter but outside our solar system, heats up by more than 700 C, reaching 1,227 C, according to a study published in Nature. THE ASSOCIATED PRESS

World

Bush has a supporter

A theatre marquee, left, delivers a parting shot to former U.S. president George W. Bush yesterday at the Grand Lake theatre in Oakland, Calif. Bush has at least one supporter — his father, former president George H.W. Bush, who said Monday he's proud of how his son held to his principles during his presidency. THE ASSOCIATED PRESS

U.S. post wants to cut mail delivery

DELIVERY Massive deficits could force the U.S. post office to cut out one day of mail delivery per week, the postmaster general told Congress yesterday.

John Potter asked legislators to lift the requirement that the agency deliver mail six days a week.

Faced with dwindling mail volume and rising costs, the post office was $2.8 billion in the red last year. Total mail volume was 202 billion items last year, nine billion less than the year before, the largest single volume drop in history.

If the change is made, that doesn't necessarily mean an end to Saturday mail delivery. Previous studies have looked at the possibility of skipping some other day, such as Tuesday.

THE ASSOCIATED PRESS

Top chef **Norway gets gold**

LAURENT CIPRIANI/THE ASSOCIATED PRESS

Norwegian chef Geir Skeie, right, celebrates with his teammates yesterday after winning the Bocuse d'Or (Golden Bocuse) trophy at the 12th World Cuisine contest in Lyon, France. The contest, a sort of world cup of cuisine, was started in 1987 by Lyon chef Paul Bocuse to reward young culinary talents.

Mission for peace

Obama sends envoy for talks with Mideast leaders

U.S. President Barack Obama's Middle East envoy promised a vigorous push for Israeli-Palestinian peace, saying yesterday that Gaza fighters must end weapons smuggling and the blockaded borders must be opened if the ceasefire is to last.

George Mitchell held his first round of talks with regional leaders to determine the next steps the Obama administration would take toward reviving peace negotiations after Israel's blistering military offensive against Gaza's Hamas rulers.

But a flare-up of violence underscored the more immediate priority — shoring up the 10-day-old ceasefire. Hours before Mitchell arrived in Jerusalem, Israeli warplanes pounded Gaza smuggling tunnels in retaliation for a Palestinian bombing Tuesday that killed an Israeli soldier.

Israeli Prime Minister Ehud Olmert said crossings between Israel and Gaza "will only open permanently" after the freeing of Israeli soldier Sgt. Gilad Schalit, captured in 2006.

THE ASSOCIATED PRESS

Low-cost netbooks for a soft economy

It's small, cheap and portable and is considered the new star of personal computers. Called a netbook, it's a mini-laptop designed for basic tasks like e-mail and surfing the web and is expected to take off globally over the next few years.

The netbook caused a buzz at the Consumer Electronics Show in Las Vegas, with U.S.-based ABI Research forecasting worldwide shipments to rise to 139 million in 2013.

ABI Research's Kevin Burden said a basic netbook costs about $300 US and will likely drop further by the end of this year. "They're kind of positioned for a bad economy," he said, adding his firm would have forecast more shipments if the economy had been stronger. THE ASSOCIATED PRESS

Caterpillar plague affects 400,000 in West Africa

A plague of caterpillars has affected 400,000 people in more than 100 villages in Liberia, clogging wells with excrement, eating vital crops and forcing villagers from their farms. The "army worms" have also pushed 25 kilometres into neighbouring Guinea. THE ASSOCIATED PRESS

Republicans dislike plan

But House OK's $819B bill

In a swift victory for U.S. President Barack Obama, the Democratic-controlled House approved a historically huge $819 billion stimulus bill last night, filled with new spending and tax cuts at the core of the young administration's revival plan for the desperately ailing economy.

The vote was 244-188.

"We don't have a moment to spare," Obama declared at the White House as congressional allies hastened to do his bidding in the face of the worst economic crisis since the Great Depression.

The vote sent the bill to the Senate, where debate is expected to begin as early as this week on a companion measure already taking shape.

Republicans said the bill was short on tax cuts and contained too much spending, much of it wasteful and unlikely to help laid-off Americans.

"We don't have a moment to spare."
Barack Obama, just before House vote on his stimulus package

A Republican alternative, comprised almost entirely of tax cuts, was defeated, 266-170, moments before the final vote.

On the final vote, the legislation drew overwhelming support among Democrats while all but a few Republicans opposed it.

The legislation includes $544 billion in federal spending and $275 billion in tax cuts.

THE ASSOCIATED PRESS

BRYNJAR GAUTI/THE ASSOCIATED PRESS

Iceland's Social Affairs Minister Johanna Sigurdardottir speaks to the media yesterday following party negotiations in Reykjavik. She is expected to become Iceland's interim prime minister.

Iceland may get its first female PM

The woman expected to become Iceland's interim prime minister is an openly gay former flight attendant who rose through the political ranks to lead a new leftist government.

Johanna Sigurdardottir, the country's 66-year-old social affairs minister, began as a union organizer for flight attendants and is now among the country's longest-serving legislators.

Partner

- Sigurdardottir lives with journalist Jonina Leosdottir, who became her civil partner in 2002, and has two sons from a previous marriage.

Both political parties forming Iceland's new coalition government support her appointment. She would be Iceland's first female prime minister.

Iceland's previous government failed Monday after the country's banks collapsed under huge debts.

THE ASSOCIATED PRESS

Was Queen target of train plot?

ESCAPE The Queen narrowly escaped disaster in 1970 when a large wooden log was placed on a railway track in an apparent attempt to derail her train as she travelled across Australia, a retired detective said yesterday.

Former New South Wales state detective superintendent Cliff McHardy, 81, said the Queen and her husband, Prince Philip, were travelling through the Blue Mountains on April 29, 1970, when their train struck the log, which became stuck under the front wheels.

Sweep

- A security train that swept the tracks an hour before the Queen's locomotive chugged through the area spotted nothing.

But the locomotive was not moving fast enough to become derailed, sliding about 200 metres before coming to a stop, said McHardy, who investigated the incident at the time.

McHardy said markings at the scene suggested the log had been deliberately rolled onto the tracks.

The detective, who was in charge of the Lithgow police force for 11 years, said he was finally speaking out in an attempt to crack the case. THE ASSOCIATED PRESS

Taliban cook loses freedom bid

PRISON A U.S. federal judge says being a cook for the Taliban is reason enough for the U.S. military to hold a Yemeni man as an "enemy combatant" at Guantanamo Bay.

U.S. District Judge Richard Leon — quoting Napoleon as saying, "An army marches on its stomach" — yesterday denied Ghaleb Nassar Al Bihani's request to be released from the military prison where he has been held for more than seven years.

THE ASSOCIATED PRESS

Cuba demands U.S. return Gitmo

BASE Cuban Foreign Minister Felipe Perez yesterday welcomed U.S. President Barack Obama's order to close the detention centre at Guantanamo Bay, but demanded the U.S. return the naval base to Cuba. The base was built on land permanently leased from Cuba when American troops occupied the island in 1903. THE ASSOCIATED PRESS

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Comment

Who is this prime minister?

Home&Abroad

Andrew Cohen

Canada & world insight

Ralph Waldo Emerson famously said that "a foolish consistency is the hobgoblin of little minds." Emerson, the 19th-century American philosopher, thought the better part of wisdom is one's willingness to abandon flawed, mistaken or dated beliefs.

By this measure, Stephen Harper is Emerson's man. He's happy to divest himself of anything. There appears to be nothing — no program, no promise — that he will not jettison if it becomes cumbersome or inconvenient.

If that means remaking yourself ideologically, or becoming a political chameleon, so be it. No one can accuse Harper of much attachment to anything.

The federal budget is the latest in a string of staggering reversals. Only weeks ago, Harper declared that our economy was strong and there was no need for stimulus. And there would be no deficit.

Well, one could say that things changed between now and then. What changed was the government found Keynesian economics when it was faced with defeat. Period.

That this deficit comes from a Conservative government led by a conservative economist who once disdained deficits is exquisite. It shows, once again, that politicians, whatever their stripe, will choose survival over principle.

Power has not corrupted the Conservatives absolutely, as Lord Acton once said. Rather, it has bankrupted them intellectually. After a decade of "uniting the right" and plotting a Canadian Conservative majority, they take office and embrace deficit financing and gargantuan spending.

Canada 2009
Federal **Budget**

Breathtaking.

Some might say the Conservatives have become Liberals today, but don't be so sure the Liberals would have been this profligate. It was they who eliminated the deficit inherited from Brian Mulroney's Conservatives.

When former finance minister John Manley heard the deficit forecast last week, he said he "felt sick." He knows, more than most, the pain it took to produce a surplus in the 1990s.

Then again, a government invites a deficit when it cuts the GST and income taxes (which this government did), so it can shrink the size of government (which this government wants), so it can create a Conservative Canada. Or so it thought.

When you want to stay in power, you learn how to trim and tack. Harper is becoming good at this.

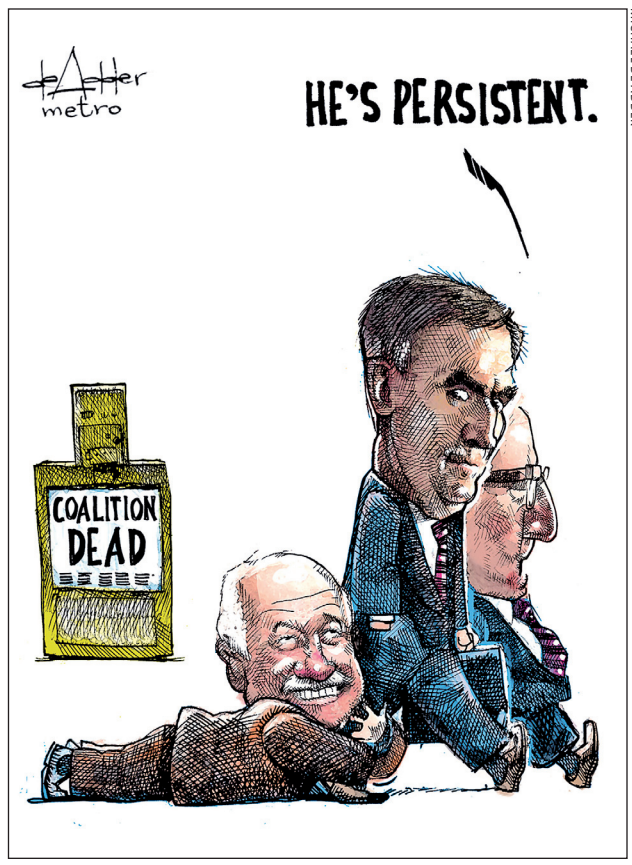
Need a new mandate? Forget the election date you fixed and call one now. Want a Conservative majority in the Senate? Forget term limits for senators.

Want to appoint a new high court justice? Forget those pesky parliamentary hearings. Dislike income trusts? Abolish them.

Want to placate the opposition? Drop plans to kill election subsidies.

Easy come, easy go. My, my, these are faithless folks.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Quote of the Day

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff."

— NDP Leader Jack Layton on learning of Liberal Leader Michael Ignatieff's comments TORSTAR NEWS SERVICE

Views

Budget missed the boat to help ACTRA

Canada 2009
Federal **Budget**

Stephen Waddell

ACTRA

If Tuesday's federal budget was an attempt by the Conservatives to apologize to Canada's culture community for the devastating cuts of the last year, they missed a major cue. Canada's $5-billion film and TV industry is a proven job generator and gives government a lot of bang for every dollar invested. By not making a significant investment in this industry, Conservatives passed on an opportunity to create thousands of well-paying, creative, skilled jobs and, in turn, stimulate Canadian economic growth.

A healthy cultural industry is in everybody's interest — culture not only enriches our lives, it enriches our economy. More people work in culture than work in agriculture, forestry, mining, oil and gas — combined.

Our cultural industries already contribute more than $85 billion — or 7.4 per cent of Canada's real gross domestic product — and more than 1.1 million jobs. ACTRA had presented a number of concrete job-creation ideas in the pre-budget process; unfortunately, the government didn't include any of them in yesterday's budget.

These practical solutions would have fuelled Canada's $5-billion film and TV industry and added to the more than 125,000 full-time jobs our industry creates across Canada:

- Increased long-term funding for the Canadian Television Fund, Telefilm Canada, the CBC and the National Film Board;
- A new fund for new media productions that would come from a levy on the revenues of Internet service providers;
- Increased tax credits to encourage film and TV production across the country.

"Simply put, Canadian performers are surprised the government is passing on such a no-brainer."

We also pitched the idea of re-introducing "income averaging" for tax purposes over a five-year period to provide fair and equitable tax treatment for self-employed Canadians, such as performers. We're pleased to see renewed commitments to the Canadian Television Fund and New Media Fund. However, this is basically a status quo budget for our industry and a missed opportunity to use the job-creating power of our industry to its full potential.

Simply put, Canadian performers are surprised the government is passing on such a no-brainer.

Stephen Waddell is National Executive Director of ACTRA, the national association representing over 21,000 professional performers.

Letters

Reader has little sympathy for laid-off auto worker

This is in response to the story about John MacDonald, the laid-off GM worker still waiting for help. He says he's not happy with the budget because "it completely lacks any kind of provisions that help people who are going to get laid off."

Sure, there isn't any miracle solution to it but how about helping yourself.

You've worked at GM since you were 18. At 18 I was taking on three part-time jobs at $6.85 per hour to pay for my university.

After five long years of doing so I have a job now that pays $1,000 after taxes, for two weeks, not one. I am the lone provider for a family of three and we have been able to squirrel away enough money that if something did happen to my job I would be able to maintain our household while getting retrained. What did you do with your $1,000 a week?

You're crying the government isn't helping you enough. How about helping yourself first?

ORLANDO JOHN, TORONTO

Metro Online Poll Results

44% SAID YES	If you were an MP, would you vote in favour of the budget?	56% SAID NO

Weigh in on today's question at metronews.ca

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Aircraft maker Boeing posts loss, announces 10,000 job cuts

Boeing Co., the world's second-largest airplane maker, is cutting 10,000 jobs after the company swung to a surprise fourth-quarter loss, hurt by a labour strike that disrupted deliveries. The Chicago-based company reported a fourth-quarter loss of $56 million US. THE ASSOCIATED PRESS

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Toyota recalling 1.3M Yaris cars

SEATBELT Toyota is recalling 58,400 of its Yaris subcompact in Canada as part of a recall of 1.3 million of the cars worldwide due to a seatbelt defect.

The automaker says in severe front-end collisions, the seatbelt is at risk of causing a foam pad in the vehicle to ignite.

Toyota says owners will receive letters next week and can then take the car to their dealer to perform an hour-long fix.

THE ASSOCIATED PRESS

Airline workers reject agreement

DEAL About 5,000 customer service and sales agents employed by Air Canada, including those who work at centres handling calls for the Aeroplan loyalty-points program, have overwhelmingly rejected a tentative agreement that was reached two weeks ago by their union negotiators and the airline. The current collective agreement with the Canadian Auto Workers union remains in effect until May 31.

THE CANADIAN PRESS

Global leaders meet under pall of gloom

The worst financial crisis since the Great Depression hovered over the opening of the 1,000-member World Economic Forum in Davos, Switzerland, as business leaders debated state-led bailouts and worried that efforts to counter climate change would fall by the wayside.

Politicians, well-heeled business leaders and well-meaning activists and celebrities gathered under a pall of gloom that has seen fortunes trimmed, companies shuttered and thousands jobs lost.

Gift bags

- The gift bags that attendees received this year reflected the global mood. Instead of loaded personal digital assistants, fine Swiss chocolates and gadgets, they got basic, blue-hued pedometers.

People are "depressed and traumatized," Rupert Murdoch, chief executive of News Corp., noted, adding that worldwide some "$50 trillion of personal wealth" had vanished since the crisis worsened.

"The size of the problem confronting us today is larger than in the 1930s," said billionaire philanthropist George Soros.

Some of the biggest players contributing to the economic slide stayed away, some of them bankrupt or fired. So did top economic policy-makers in U.S. President Barack Obama's new administration.

Previous years saw a raft of A-list star power — Claudia Schiffer, Angelina Jolie and U2 frontman Bono. This year it's Peter Gabriel and film star Jet Li.

THE ASSOCIATED PRESS

MARY ALTAFFER/THE ASSOCIATED PRESS

Personal shopper and stylist Lucyann Barry, in her appointment-only luxury consignment shop in New York, says there's now a sense of gaucheness to spending in excess. As the U.S. economy weakens, the wealthy and the businesses that cater to them say it's more common, even chic, to scale back extravagant spending and play down affluence. Retailing experts call it luxury shame, or stealth wealth.

Giant Carpet bankrupt

CLOSED Giant Carpet and Flooring Ltd., the 40-year-old chain of warehouse-style stores, has declared bankruptcy, owing $5.2 million, an apparent victim of the downturn in the housing market.

Danbury Sales, the Toronto-based liquidation firm, is handling the sale of Giant Carpet's inventory.

Giant Carpet declared bankruptcy Jan. 22, leaving an unknown number of customers with unfilled orders. The chain joins a handful of other small retailers that failed to make it since the end of a weaker than expected holiday season. The General Store, a chain of gift and craft stores that operated in major malls, also closed its doors recently, citing weak holiday sales.

TORSTAR NEWS SERVICE

In brief

MORTGAGE Record low interest rates are spurring more Canadians to refinance mortgages to consolidate debt. A recent survey by the Canadian Association of Accredited Mortgage Professionals, which represents Canada's $900-billion mortgage industry, found 56 per cent used the money for debt consolidation and repayment. About 30 per cent of the $18.5 billion went toward home repair and renovation.

THE CANADIAN PRESS

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Canadian Dimitroff named top NFL exec
A former University of Guelph student has been chosen the NFL's executive of the year by The Sporting News. Thomas Dimitroff, right, led the Atlanta Falcons to the playoffs in his first season as a general manager. METRO NEWS SERVICES

Sports

"Anybody that says we should blow up this organization should get their own bomb and go blow themselves up."

Ottawa Senators owner Eugene Melnyk, left, during a press conference yesterday, discussing the Sens' subpar season. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

How about three in a row

NBA RESULT

Raptors 107 **Nets** 106

Jose Calderon had 17 points and 11 assists and the Raptors beat the New Jersey Nets 107-106 last night for their first three-game winning streak since the start of the season.

Devin Harris had a chance to steal the game for the Nets in the closing seconds, but his step-back jumper from the right edge of the foul line hit off the rim at the buzzer.

Anthony Parker added 21 points, and Chris Bosh had 18 for the Raptors, who shot almost 56 per cent and had six players in double figures.

Andrea Bargnani had his streak of 15 straight games of at least 15 points stopped, scoring eight.

Vince Carter had 27 points to lead the Nets, who rallied in the final minutes by hitting four of their 15 three-pointers. Harris added 25 points and 10 assists, but he missed the biggest shot of the night after Calderon had left the door open by missing a jumper with about 21 seconds to play.

Despite shooting 61 per cent from the field in the first half, the Raptors trailed 54-50.

The difference for the Nets was eight three-pointers, including four by Carter in the opening four minutes, and 12 second-chance points. THE ASSOCIATED PRESS

BILL KOSTOUN/THE ASSOCIATED PRESS

The Nets' Keyon Dooling loses the ball as he is fouled by Jermaine O'Neal last night.

Tough times for Jays

MLB The firing of Blue Jays assistant general manager Bart Given last week passed by mostly unnoticed, with no announcement from the team and word only leaking out via media. The question lingering since has been why, leading to speculation over what exactly is happening in the club's executive offices.

"I was told when I was let go it had nothing to do with my performance, that I hadn't done anything wrong," Given said yesterday in his first public comments on the dismissal.

Paul Beeston, interim Blue Jays CEO, also broke his silence yesterday, explaining the move was "a simple restructuring ... There's nothing more to read into it than that."

But that will do little to quiet whispers that Beeston made the move as a show of authority over GM J.P. Ricciardi.

Given's dismissal is the first baseball operations cut made by the Blue Jays. About 40 employees, mostly in sales and customer service, were let go in December. THE CANADIAN PRESS

Big Ben and the grocery bagger

MARTY YORK
marty.york@metronews.ca

Check out Laurence Heinen's Super Bowl blog at metronews.ca/blogs

NFL
Super Bowl XLIII

To compare Kurt Warner and Ben Roethlisberger as quarterbacks would be tantamount to, say, comparing Michael Buble and Kanye West as singers.

Their styles are drastically different.

Warner is a proactive QB, a refined reader of defences and a precision passer. Roethlisberger is a reactive QB, an instinctive playmaker who reads defences more effectively after snaps and makes impromptu decisions on the move.

"They're like night and day," former NFL QB-turned-analyst Terry Bradshaw mentioned. "They do nothing the same — except lead their teams to victories." On Sunday in Tampa Bay, Warner and Roethlisberger will attempt to lead their teams to a Super Bowl victory. Warner, 37, is the QB of the Arizona Cardinals. Roethlisberger, 26, is the Pittsburgh Steelers' QB.

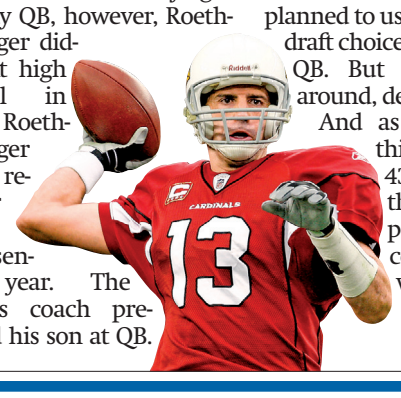
One of the two will garner the second Super Bowl ring of his career. And they will both likely wind up as Hall of Famers.

And, yet, neither was a shoo-in to even play QB in the NFL, let alone be in the Super Bowl and Hall of Fame. Perseverance, though, is what has made both their stories remarkable.

Warner, who could become the first QB in history to lead two different franchises to an NFL title, was a training-camp cut by the Green Bay Packers in 1994 before finding jobs in the real world, including one in which he stocked shelves and bagged groceries.

Eventually, he was signed by the Arena Football League and, by 1999, the injury-plagued St. Louis Rams were desperate for a QB and recruited him. He responded by guiding the Rams to a Super Bowl triumph and by capturing the first of his two NFL MVP awards.

While Warner always got to play QB, however, Roethlisberger didn't. At high school in Ohio, Roethlisberger was a receiver until his senior year. The team's coach preferred his son at QB.



And there were obstacles for both Big Ben and Warner during their NFL careers, too.

In June 2006, months after becoming the youngest QB to lead a team to a Super Bowl title, Roethlisberger was in a serious motorcycle crash — minus a helmet.

The damage: A nine-inch head laceration, a broken jaw, a fractured nose and lost teeth. He required seven hours of surgery, and doctors feared he might not be able to play again. Roethlisberger bounced back, though, undaunted.

Warner nearly retired before 2007, when the Cards planned to use highly touted draft choice Matt Leinart at QB. But Warner stuck around, despite adversity.

And as they prepare this week for the 43rd Super Bowl, their legacies in perseverance continue to be written.

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Fitzgerald wants to keep Boldin around

Larry Fitzgerald would consider restructuring his contract if it would help keep fellow Arizona Cardinals receiver Anquan Boldin on the team. "Someone asked me a question if I would be willing to do something to help the team, and I said, 'No problem,'" Fitzgerald said during a respite from Super Bowl preparations yesterday. METRO NEWS SERVICES

Sports in brief

NHL Henrik Zetterberg has been signed to the longest contract in the Red Wings' history, a 12-year deal that will keep the star forward in Detroit until 2021. The deal is worth slightly more than US$72 million. Zetterberg, 28, is in his sixth NHL season, all with Detroit. The Swedish native has 43 points in 45 games.

NBA Charlotte Bobcats forward Gerald Wallace suffered a partially collapsed left lung and a fractured rib late in the team's double-overtime victory over the L.A. Lakers Tuesday. Wallace was to remain in the hospital for observation and did not accompany the team to Portland for last night's game

THE ASSOCIATED PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

TORONTO 107 New Jersey 106
Boston 119 Sacramento 100
Indiana 107 Milwaukee 99
Miami 93 Washington 71
New York 112 Atlanta 104
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New Orleans 94 Denver 81
Memphis at Oklahoma City
Philadelphia at Houston
Golden State at Dallas
Charlotte at Portland
Chicago at L.A. Clippers

NHL

YESTERDAY'S RESULTS

Calgary 5 Buffalo 2
Pittsburgh 6 N.Y. Rangers 2
Chicago at Anaheim
Nashville at Vancouver

Fact and fiction of deadline needs

Trade deadline season is always a blast for hockey fans; the nervous speculation of comers and goers ramps up into a frothing frenzy, a guy who knows a guy swears Ryan Smyth is coming to town, then the day comes and nothing is ever as predicted.

Rumours of the overall demise of deadline day naturally dissipate when the trades start to come down in the morning and the inevitable letdown completes the process when your team doesn't get The Guy you were anticipating.

Once again this year, the Maple Leafs will be sellers at the trade deadline. The name of the game will be shedding contracts and the veterans who hold them and in return, hopefully, will come a bevy of future draft picks and perhaps some blue chip prospects.

But let's first address one of the current rumours that truly cements the legacy of deadline day, which we in the business often call "silly season."

The rumour? That GM Brian Burke will bring in one of the main pillars of his Stanley Cup champion team from Anaheim, behemoth defenceman Chris Pronger.

While the big man may be moved by the struggling Ducks (though both the blue-liner and his team looked good in thrashing upstart Phoenix earlier this week), sending him to the Leafs makes no sense based on the traditional parameters of a deadline deal.

TheHockeyNews

Ryan Kennedy

thehockeynews.com

Acquiring Pronger, while likely shedding other veterans on the current lineup, neither makes the Leafs good enough to be a contender, nor helps them rebuild.

And for those pro-tanking fans out there, it certainly doesn't make a run at the John Tavares draft sweepstakes any easier to win.

Under no scenario do the Leafs benefit from a Pronger acquisition, as good as he is. So let's just lock that one away.

Having said that, the Leafs do have blue-liners to move and as I've discussed before in this column, Tomas Kaberle is the most attractive. His contract is reasonable for a contender to pick up and he has the much-vaunted puck-moving skills that made Brian Campbell the darling of last year's trade deadline.

Up front, the Buds are also looking to unload talent, but that talent hasn't exactly been helping them out lately.

Nik Antropov, he of the big body and so much potential, has been in a desolate funk lately, dropping his stock on the open market. The lanky Kazakh hasn't scored a goal since Dec. 20 against Pittsburgh and doesn't even have a point in the past three games. At 28 years of age, it's unlikely that Antropov will get any better than he is now and that ceiling seems to be of a 20-goal scorer, 25 tops.

As I said earlier, the main goals of the Buds at this year's deadline is to replenish draft picks lost in summer pickups of role players such as Ryan Hollweg and Jamal Mayers.

It may be hard to stomach losing a player who is essentially the one offensive weapon opposing teams look out for right now, but the truth of the matter is Burke would probably be satisfied with a second round pick and maybe one later selection, too.

Kaberle would naturally reap a bigger reward and a late first round pick is not out of the question. If the buyer is particularly desperate, maybe a prospect gets thrown in for good measure.

Then we'll have the hard evidence of what Burke can do for this team.

The Hockey News thn.com

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2009 Toronto FC sked released

MLS Toronto FC will kick off the 2009 Major League Soccer season at Kansas City, and will host the expansion Seattle Sounders FC in its home opener.

The MLS schedule released yesterday has Toronto playing the Wizards at Kansas City on March 21, then Eastern Conference rival Crew at Columbus on March 28.

Toronto will then open up its third season at BMO Field on April 4 against the visiting Sounders in a 3:30 p.m. kickoff. TFC wraps up the regular season Oct. 24 in New York. Eight teams qualify for the MLS Cup playoffs, which start Oct. 29.

THE CANADIAN PRESS

No. 1 Duke falls to Wake Forest

NCAA James Johnson's layup with 0.8 seconds remaining helped No. 6 Wake Forest upend ACC rival and No. 1 Duke 70-68 in U.S. college basketball action last night. Johnson finished with 13 points and 11 rebounds in handing the Blue Devils their second loss of the season.

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Metro Homes

Rent out the cottage

Cottage Life has launched a new website called Cottageliferentals.com and it boasts a directory of hundreds of cottage listings giving renters an opportunity to search for waterfront properties across Canada.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Reimagine your small space Pg 20

JOHANSEN KRAUSE/THE ASSOCIATED PRESS

Pottery Barn's Savannah Daybed with Trundle could be a great way to turn a tiny room into a bedroom for your child or a guest. Getting the most out of a small space is a challenge, but not an insurmountable one. See inside for tips from some experts on how you can make your small space seem bigger than it really is.

Sky High Houses Pg 22

Building memories in your backyard trees.

HomeScape Pg 25

Read some tips on how to use patterns tastefully.

Suite Talk Pg 26

Check out this week's featured model suite.

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Small kitchen?

If you love to cook, but are afraid of getting a place with a small kitchen, fear not:

- A small kitchen doesn't have to be a big drawback if you use your space creatively. How to design and outfit a cramped or narrow kitchen is a common quandary for urban dwellers. You can use small appliances, cabinets that extend to the ceiling, multipurpose furniture and simple additions like wall shelves to make use of the limited space you have. In fact, being small can actually be an advantage as it discourages excess.
- "Too often kitchens just become bloated," said David Eisen, principal with Abacus Architects + Planners in Boston. "Small kitchens aren't necessarily bad."
- Whether you're doing a full-fledged kitchen remodelling project or just trying to make the best use of the space you have, experts say you need to get creative.
- One way you can save space is designing a kitchen island with flip-down seats like an old-fashioned taxicab (see Eisen's design in photo). They can be custom-made for around $500 US. THE ASSOCIATED PRESS

Making small spaces...

Living in a 325-square-foot studio apartment doesn't have to cramp your style — and Matt Melis is proof of that.

ABACUS ARCHITECTS/THE ASSOCIATED PRESS HANDOUT

This photo provided by Abacus Architects shows a kitchen in Manhattan designed by David Eisen that has an island with flip-down seats. If you love to cook, but are afraid of buying or renting a place with a kitchen the size of a phone booth, fear not. A small kitchen doesn't have to be a big drawback if you use your space creatively.

Melis, 28, has painted the walls of his $700-a-month apartment in light hues of blue, green and yellow, outfitted the place with vintage furniture picked up on Craigslist, eBay and a local flea market, and replaced the old kitchen floor with a checkerboard pattern.

With no bedroom, he sleeps on a sofabed with a platform that slides out to create a queen-sized bed, but takes care to stow it away when he goes to work at his job. That can create some confusion for visitors.

"The first thing everyone says when they come in is … 'Oh, this is great. And where's the bedroom?'" Melis says.

Moving into a smaller space, as Melis did last year when he moved out of a pricier one-bedroom apartment in the same complex, can be a challenge. (He keeps his bicycle hanging on the wall over the kitchen table.) But it can also have benefits.

For one thing, it forces dwellers to pare their possessions down to the true essentials. The rent, or mortgage, can be cheaper. The heating and cooling bills are smaller. The location is often better. And the apartment can still be stylish, even if it's not very spacious.

"It has just enough room for everything I need," says Melis, who was so enthusiastic about his apartment that he entered it in a design contest run by Apartment Therapy, an urban living blog. "I brought over my best pieces of furniture (and) got rid of the rest."

Over the past three decades, homes has ballooned from a median size of more than 1,500 square feet for houses built in 1973 to nearly 2,300 square feet for homes built last year, according to Census Bureau statistics.

But signs show that this is starting to change. Interest in a smaller, more modest lifestyle has been growing. The American Institute of Architects, in a survey of 500 residential architecture firms this year, found that one-third of those surveyed were designing smaller houses, compared with around 15 per cent who said sizes were increasing.

Some architects and

CONT. ON NEXT PAGE>>

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This photo provided by Danby shows the Danby Countertop dishwasher.

designers are enthused about what they see as a move away from McMansions, with their vaulted entranceways, overstuffed couches, circular driveways and three-car garages. Architect and author Sarah Susanka has written a series of books advocating what she calls a "not so big" esthetic, encouraging people to downsize and make better use of their space.

Thoughtful details — such as stained-glass windows — are key. "A good architect will suggest reducing square footage to allow for more detail," she wrote in her 1998 book The Not So Big House. In many large homes, she wrote, "a substantial percentage of space is rarely used."

David Colby, a writer, had an entranceway in his family's one-bedroom co-op apartment converted into a wall unit with a desk and storage space. The change was needed to accommodate a nursery for his daughter, Madeline, born more than two years ago. "No space is really wasted," he says.

PAUL BURK/THE ASSOCIATED PRESS

This photo shows a kitchen designed by architect Ralph Cunningham called "Illuminated Kitchen" in Washington.

New York architects Frederick Biehle and Erika Hinrichs design upscale renovations for city apartments that make the most of small spaces by including cabinets that stretch all the way to the ceiling and translucent materials that create an airy feel.

"The paucity of space almost requires a greater intensity with regard to invention," Biehle says. "Greater challenges ultimately bring out better design."

Design gurus have some common tips for working with small spaces. One constant is to make your lighting interesting, and to use multiple sources of light in each room.

Maxwell Gillingham-Ryan, founder of the Apartment Therapy blog, suggests using track lighting with small halogen bulbs directed at the walls. "They don't take up any space on the floor, so that's very useful," he says.

Davis Remignanti, lead design consultant at FurnitureFind.com, recommends simple, cleanly designed furniture. Sofas, he notes, don't have to have arms. Beds needn't have footboards. He also suggests buying furniture made before 1970 that was designed for the smaller houses of that time.

THE ASSOCIATED PRESS

Small bedroom?

Here's some tips for transforming your small bedroom:

- Think carefully about what space you have and whether you can use furniture that folds away, or has more than one purpose. Loft beds, which allow a desk underneath, and Murphy beds are good space-savers. Also, filling up the wall with built-in cabinets or a flexible storage system are great options.
- A good way to save space without spending too much money is to turn old dresser drawers into under-the-bed storage containers, said Kathy Wilson, editor of the website thebudgetdecorator.com. In a small bedroom, it's essential to put things in their place. "Keep clutter to an absolute minimum," she said.
- To create the illusion of a larger room, Wilson advises painting woodwork and trim the same colour as the walls. Also, use light colours and make sure that curtains and blinds don't block the window. "You want as much light in the room as possible," she said.
- Another way to maximize the space is to have a cabinet maker build floor-to-ceiling drawers and cabinets. THE ASSOCIATED PRESS

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Planning for the tree house

These sky-high hideaways can cater to people of all ages

Families have long treasured their tree houses, with parents and their children working together to build one in the backyard and building memories as the kids enjoy it as they grow up. From the famous tree houses belonging to Swiss Family Robinson and The Simpsons, to the ones in the movies Stand by Me and The Sandlot, tree houses are also part of pop culture.

Today, there are many resources for families to use when learning how to build a child's tree house. For less than $1,000 and about a couple weekends of work, moms and dads can team up with their children to build a tree house.

And for kids who don't want to grow up, there's a niche industry that designs and builds adult tree houses to provide a refuge from the day-to-day grind, or in some cases, serve as a luxurious full-time home. Actor Val Kilmer has a tree house of his own on a New Mexico ranch.

"They just want to take that memory and put it on steroids and make it better," said Jake Jacob, co-owner of TreeHouse Workshop Inc. "There's that Peter Pan in everyone. The Tarzan."

That sense of magic and adventure is inherent in a child's tree house experience as well, but the idea of building one can be a daunting project for the uninitiated. It doesn't take an engineering degree, but a little experience working with tools and lumber makes the process easier. So, the most important thing to ask oneself when deciding to build a child-sized tree house is, "Am I up to the task of building one on my own?"

If "Yes" is the answer, the first step is to identify a sturdy-looking tree in your backyard to build on. Tree house expert Michael Garnier says large, dominant trees such as Douglas fir, oak or pine work well.

The tree should not be so young that it has significant growth ahead of it, because it may outgrow the design. You also don't want one that is fully mature and close to dying, says Garnier, who makes a living building tree houses and operates a tree house resort in Oregon.

"Some trees grow up fast and they die fast. You want to pick a tree that lives a long time and gets large," Garnier said.

One thing to remember is to find out if you need a building permit for a tree house. This can vary by municipality. Permits are important because you don't want someone to complain and have your project delayed over paperwork.

Here comes the hardest part: Design and construction. But before starting this stage, remember that putting in bolts and nails is an invasive process and injures the tree, so try not to overdo it when it comes to hammering or screwing things into the tree.

Creative sorts, especially dads whose days jobs are in construction, architecture or engineering, probably can come up with their own designs. However, there are some how-to books available at larger bookstores and on Internet sites such as Amazon.com. that have handy-dandy design concepts for tree houses.

Make sure you have the right tools to start the job. Some essential tools are simple and obvious: Hammer, tape measure, pencil, ladder, saw. You also need a level, some kind of wrench, a block plane for shaving wood, a chisel, and a rope to lift beams into the tree. In the realm of power tools, consider a table saw and a reversible drill.

Next is deciding on what type of lumber to use. Construction-grade cedar is best for beams. Save money by using plywood for the windows and enclosures. Make sure wood is pressure treated if you are going to bury it in the ground as a post.

THE ASSOCIATED PRESS

Before you start

- Trees only need to be 20 to 25 centimetres in diameter. Also, tree houses can be built on more than one tree, and also can have posts buried into the ground for additional support, so don't fret if you don't have a single big tree in the yard.

MICHAEL GARNIER/THE ASSOCIATED PRESS

MICHAEL GARNIER/THE ASSOCIATED PRESS

Left: This photo shows a three-floor tree house that's 35 feet tall and is located in a grove with seven oak trees. Built by Michael Garnier, it's located in Oregon. Right: This photo shows a two-floor tree house in Washington built by Michael Garnier.

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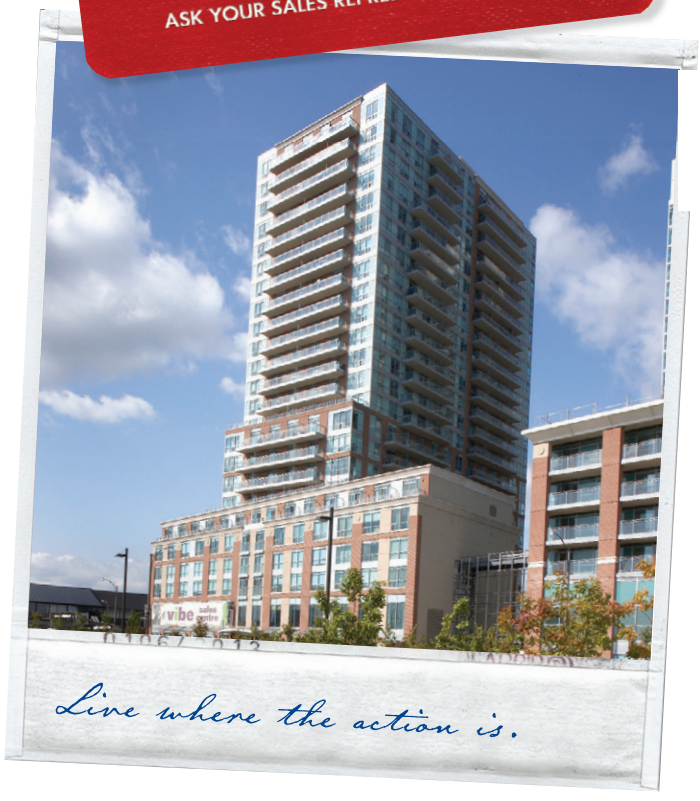

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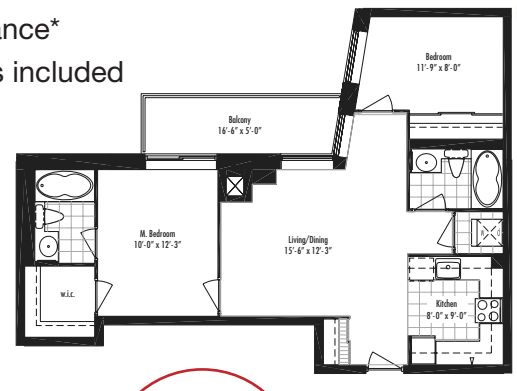

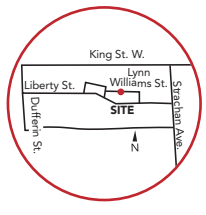

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Monarch

Decor

Read more in the February issue of STYLE AT HOME magazine.
ON SALE NOW! styleathome.com | CANADA'S styleathome

TRACY COX

Ring of roses

Laser-cut bowls bloom indoors

HOME & STYLE Laser-cut in steel, these brilliant blossoms are high-impact accessories that are as attractive empty as they are filled. Alessi La Rosa fruit bowl in purple epoxy $79 (21 cm), $100 (29 cm); 18/10 stainless steel $184 (29 cm), Zidea Design Canada, Montreal, 866-339-4332; alessi.com.

— BRETT WALTHER

Colourways

Blue-and-white's endless potential

HOME LIBRARY A Passion for Blue & White by Carolyne Roehm, $69, Broadway, hardcover, 288 pages. The American designer invites readers into the stunning blue-and-white rooms she's designed in her various homes. This classic colour combination usually means white and cobalt (think Asian porcelain), but blues can range from navy and robin's egg to sky and azure. As well, the colour combo can be French, Swedish or Asian in feeling. Examples of how to incorporate this palette into your home prove how endless the possibilities are. — JENN HOULIHAN

VIRGINIA MACDONALD

Bedding, runner, Company C, companyc.com. Bedside table, DeBoer's, deboers.com. Throw, lamp, carafe, HomeSense, homesense.ca. Paint: Skimming Stone No. 241 (wall), Lancaster Yellow No. 249 (canvas), Farrow & Ball, farrow-ball.com.

Freshen up

Strategic editing and accessorizing updates a formerly bland bedroom

Are you in the mood to freshen things up around the house? The good news is that you don't need to break the bank to get results. Accessorizing is the answer.

First, read our tips below on editing and rearranging a bedroom. Next, snap digital shots to identify trouble spots. Then take a weekend to work your styling magic. Getting it right is the difference between a room that sings and one that's ho-hum.

Don't:

- Hang art that's too small in relation to your bed and don't position it too high.
- Choose a lamp that's so thin it disappears.
- Leave lotions on the nightstand.
- Let clutter gather by the bedside; clear it away daily when making your bed.

Do:

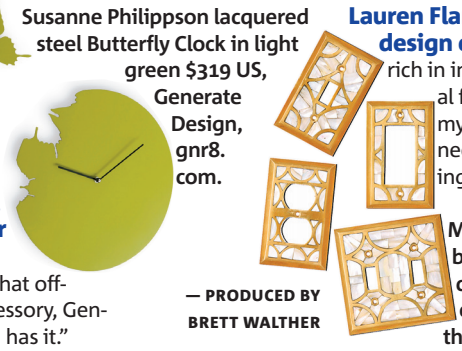
- Make the bed with layers of textiles and cushions.
- Add accent cushions and a throw to inject colour and texture.
- Choose one piece of art or a collection — or paint an artist's canvas to stand in for a headboard — that fills two-thirds of the width of the bed.
- Choose a lamp that's shapely and tall.
- Pamper yourself with a small bouquet and a decanter of water.
- Buy an alarm clock that's attractive to wake up to.
- Add a runner so tootsies have a soft spot to land.

— WRITTEN AND PRODUCED BY MARGOT AUSTIN

We love it! Another peek at the Style at Home editors' top online sources

Susanne Philippson lacquered steel Butterfly Clock in light green $319 US, Generate Design, gnr8.com.

Suzanne Hartmann, copy editor "If you're looking for that off-the-wall accessory, Generate Design has it."



Lauren Flanagan, assistant design editor "With items rich in individuality and cultural flair, Anthropologie is my go-to source when I need that perfect finishing detail."

Mother-of-pearl inlaid brass switch and outlet covers, from approx. $29 each, Anthropologie, anthropologie.com.

— PRODUCED BY BRETT WALTHER

William Yeoward 8" crystal fern vase $350, Tiffany & Co., tiffany.ca.

Margot Austin, senior design editor "Now you can literally have breakfast at Tiffany's: Grab your laptop, a croissant and a cup of coffee and click your way through the baubles and bibelots."

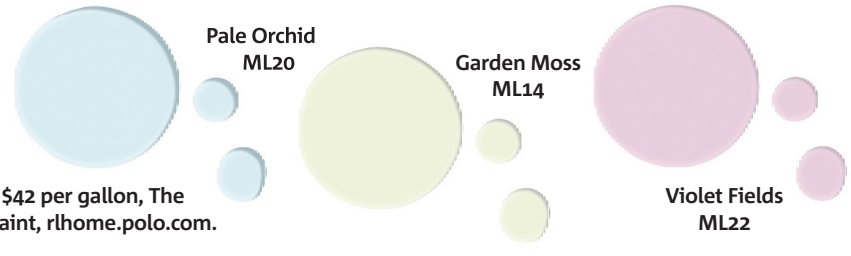
Karl Lohnes, style editor "I've been shopping online with Crate and Barrel long before it opened shop in Canada. The retailer utilizes borderfree.ca (a cross-border shipping service from Canada Post) to deliver here.

FELIX WEDGWOOD (THROWS)

Lima baby alpaca throws in chartreuse and plum, $169 US each, Crate and Barrel, crateandbarrel.ca

A new paint collection evokes the serenity of spring

HOME & STYLE Ralph Lauren Paint's new Modern Light collection offers pale, powdery shades for clean and serene spring-fresh spaces. — BRETT WALTHER



Left, Sanctuary ML16 (on back of bookshelf); $42 per gallon, The Home Depot, homedepot.ca; Ralph Lauren Paint, rlhome.polo.com.

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* Extras noted above are as per plan and as specified by vendor. Some restrictions may apply. Extras to be chosen at Monarch's Home Design Studio. Please see Sales Representative for details. Prices, specifications and promos are subject to change without notice. E.&O.E. January, 2009.

More online
For more home and condo news and columns, check metronews.ca/toronto/life/househome.

When times are tough ... rent

With the economic downturn, home owners are turning into landlords

When Dave and Gina Schudi of Phoenix went house hunting last year, they knew the time was right to buy — not sell — a home.

So when they did purchase a new one, they rented out their old home.

"It all depends on the market," said Dave Schudi, who plans to sell the old house eventually. "We've got good renters in there."

Falling house prices and a slow market are forcing more homeowners to consider renting their properties.

It's something realtor Julia Vakulenko suggests to potential clients.

"Basically, we ask all the people who contact us, 'Must you sell it right now?'" she said. "Most likely, it will just sit there or maybe sell below the market value."

For many, the role of landlord is something they'd never considered. If done right, however, renting out a home can help the owner ride out the housing slump, said Vakulenko. But the process does require doing some research, said Vakulenko, who owns five rental properties.

She often refers clients to property management companies who can determine what their home would rent for and whether there's a market for it. Homeowners are often disappointed to learn that their home would rent for less than their mortgage payment, added John Nuzzolese, president of the New York-based Landlord Protection Agency.

"Whether it's for sale or for rent, it's only worth what people are willing to pay for it," he said. "People have to be realistic and put themselves in the tenants' shoes."

Real estate analyst Danielle Babb often sends people to rentometer.com/ca to see what the going rent is in their area. The website allows users to see what comparable properties in the area charge.

Once you've set a rent range, determine your demographic — students, families, young professionals — and market the house to them, said Babb, author of The Accidental Landlord. Babb, who has owns 27 rental properties, wrote the book after watching friends and colleagues trying to rent out houses they couldn't sell.

"You've got to think like a renter. There's lots of availability," she said. "They're going to choose the most exciting option."

THE ASSOCIATED PRESS

MATT YORK/THE ASSOCIATED PRESS

Dave and Gina Schudi stand outside their rental property recently in Gilbert, Ariz. Falling house prices and a slow market are forcing more homeowners to consider renting their properties.

Renting tips

- Familiarize yourself with local laws dealing with rental properties. It's important to understand the eviction process, how to handle security deposits and what type of access you have to the property once it's rented.
- Determine whether you want to select the tenant and handle property issues or hire a company to do it. If you take on the responsibility, you are obliged to fix any problems (leaky faucets, broken furnace, etc.) or find professionals to do it.
- Develop a rental application. Ask questions on the application that will help you quickly determine whether you want this person for a tenant. Consider asking about pets, smoking and employment, for example.
- Ask for references. Call former landlords and ask about the person's rental history.

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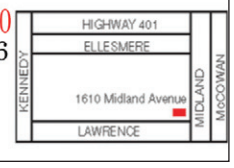

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Can you see the pattern?

HomeScape

Sylvia Putz

metronews.ca/homescape

I grew up in a house full of patterns. Pattern upon pattern upon pattern. The wallpaper was patterned, the carpet was patterned and the upholstery was patterned. I had to warn friends before they came to visit, so they wouldn't feel dizzy or disoriented.

Don't get me wrong, I'm very fond of my mom and dad's decor style. It's very much them. They love patterns, and why not?

Using patterns adds excitement and movement to a decor scheme. Let's face it, solid colours on their own are kind of dull. Using one pattern with solids is a little more interesting. But a series of effectively matched patterns can truly change an ordinary room into one that is spectacular.

"Using patterns adds excitement and movement to a decor scheme. Let's face it, solid colours on their own are kind of dull."

But combining patterns can be tricky — it's always a bit of a balancing act. The bottom line when it comes to using several patterns together is to avoid overwhelming with colour, scale, or line.

First of all, use small doses of pattern rather than splashing them across large surfaces like walls, or carpeting or flooring. Instead, think in terms of toss cushions or cushion covers, throws, lampshades and smaller rugs. Or using a boldly patterned wallpaper on one focal wall, rather than on all four of them.

People often choose a "quieter" or less dramatic pattern or a solid for large pieces of upholstered furniture, like a large sofa, for example. A more dramatic print can be a perfect choice for a smaller armchair, for example. It will be a focal point, a "punch" of pattern in your room, but it will not overwhelm.

Patterns come in several different categories, such as florals, botanical patterns such as leaves, vines or trees, stripes, checks or plaids, and abstract patterns of various styles. Also popular nowadays are the reinterpreted "new" traditional patterns, such as fleur-de-lis, toile, or harlequin.

In terms of style, botanical patterns tend to work well in a space with a lot of emphasis on natural elements, like stone, wood and subdued earth tones. Other types of patterns such as florals, stripes or checks can be very flexible depending on the type of rendering it receives, working well in both traditional and contemporary settings. What is important is mixing the patterns effectively, and that means you must carefully consider scale and colour as well as style.

When you combine patterns, one simple rule is to use patterns with different sizes or scales. For example, a small pattern such as a little check will work well with a large floral pattern. Or a large striped pattern will work with a medium-sized floral pattern. Do not use several pieces with similarly-sized patterns — larger patterns will compete and smaller patterns will turn to mush.

In terms of colour, stay within a three-colour palette for your main colours. That means your walls, upholstered furniture and drapery should relate to each other. The main colours in the patterns should repeat in the other patterns, although they may each contain differently-coloured accents. Use fabric swatches to check your combinations.

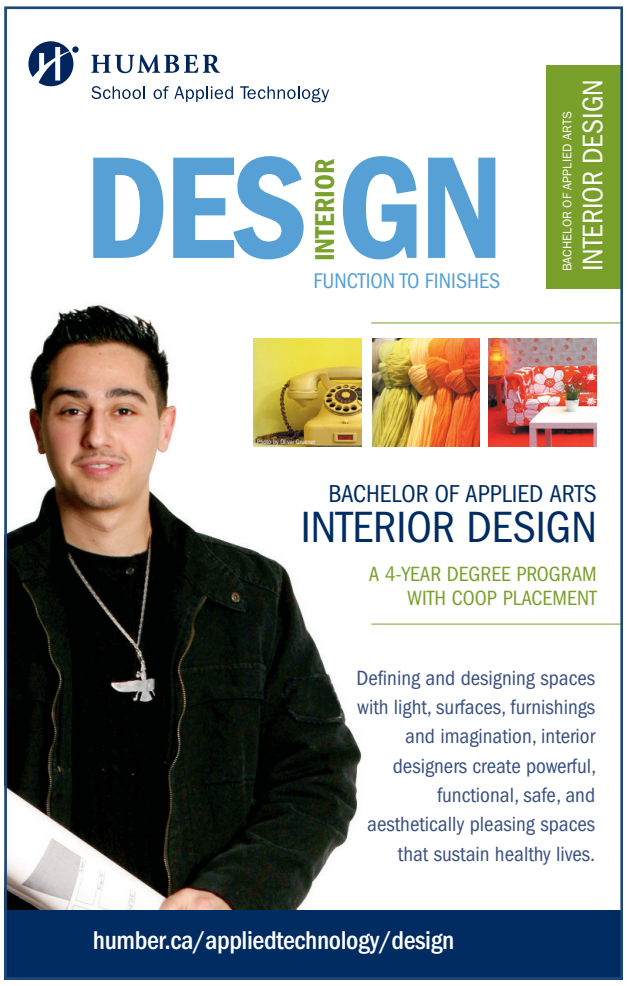
When you think you've got it, congratulations! But keep looking out for the reaction of visitors. If they appear to get dizzy or disoriented when they enter your house, you may have to reconsider your patterns combinations and adjust the mix.

KEITH MILLER PHOTO

Here, a graphic wallpaper and dramatic cushion are pulled together by rose motifs.

KEITH MILLER PHOTO

To combine bold patterns successfully, keep to a palette of no more than three colours and use various sizes of patterns. This example uses only black-and-white to pull together Colada wallpaper by Umbra/Graham & Brown, grahamandbrown.com.



Panic is never a good reason to sell your home

TheHunt

Amit Paul

amitp@rogers.com

You'd think that there were less people looking to make any kind of a move in real estate now versus a year ago, or two years ago, and that therefore there would be significantly fewer listings on the market. Theoretically it makes sense but the truth is different. In fact, there are at least as many homes for sale, if not more. Why? The good reason has to do with families recognizing the opportunity to move to a large home and taking advantage of it. The bad reason is panic. Many people have been driven by panic to list their home now, fearing that as the months go on the situation will only get worse.

While that question is best suited for a discussion all its own, I do want to shed some light on the recent reports that January 2009 has seen less than half the action that January 2008 saw. Let's not forget the inception of the Toronto Land Transfer Tax which, in hindsight, couldn't have come at a worse time for our market, in many ways. The tax that effectively doubled the LTT closing cost on any home in the 416 area code kicked in on Feb. 1, 2008. Needless to say that much of January 2008 was also driven by panic, but with a very different result.

For those of us listing our condos and houses, I will tell you that panic is rarely a good reason to do anything, and rarer still does panic ever breed logic. Many people believe that the window to sell at the least significant loss possible is quickly shrinking as 2009 marches on. In my opinion the real estate market will show signs towards stabilization rather than deterioration. Again, the reasons why should be discussed on their own but suffice it to say that the true strength of Toronto's real estate market lies in the fact that it had a lot higher to fly even before these troubling times. That's what separates our market from the rest, in an unique and important way.

Having said all that, there remain many who are listing their homes, be it for good reasons or not so good ones. So if you're one of them, hopefully the following will help shed some light on this difficult decision.

One of the most significant points of struggle is the initial list price. Weighing pricing too high and risking a property that never sells versus pricing too low and losing thousands of dollars. The price needs to be low enough that the property attracts interest and stands out in the minds of buyers, yet high enough that you're not setting yourself up poorly for negotiation time. The 101 considerations may be beyond this scope but competing listings are crucial to understand. You need to know, and see, what buyers looking at your property are comparing it to. Competition, in a large way, will determine where your house or condo falls.

Moving fast or slow also has many considerations but, again, the competition factor plays an integral role. For instance, if you find your condo is worth $275,000 the last thing you want is the chump upstairs, with the identical unit, listing theirs for $260,000 while yours is still on the market! While the actions of others are, of course, out of your hands, there are certainly ways to mitigate the risks, control the competition to an extent, and give yourself the best possible selling scenario. For instance, if a competing listing just sold for a very attractive price, get yours up as quickly as possible, and with an attractive, yet fair, price.

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Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

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Old and new together at Bathurst-Sheppard

Suite Talk

JOSEPHINE LIM
for Metro Canada

The spectrum of ivory to chocolate brown creates a space with the eclectic theme of the new and old in Elm Developments' Portrait Condominium suites in the Bathurst-Sheppard area.

"We thought it would work well with all kinds of things that people would be bringing with them," says Trevor Kruse, the designer of the suite and principal designer of Hudson Kruse design.

"It has the ability to have a collection and to curate it with this beautiful backdrop."

The backdrop aims to please its 50 years and older demographic.

"It's really people that are moving from private residences … and want to move into a bungalow," says Kruse. "It becomes very much like a house rather than an apartment."

While the layout of the suite was based on its target market, the inspiration for the visual came from sepia-toned photographs from Japan.

Asian flavour has been infused into the suite through antique carvings in the entry hall and in the bathroom.

The recurring theme of old and new is seen in the kitchen, which has an island and extended-height cabinets with a customized single panel door.

The bedroom offers a contemporary interpretation of a metallic tree that wraps the entire room. It shows a touch of elegance with warmth.

Other features include the bathroom's natural stone floors, marble countertop with an undermount sink. It also offers a large terrace with a lot of natural light and an antique dining table.

The price ranges from $190,000 to over $700,000 for suites from 585 to 1,700 square feet.

Merging old with new, the model suite at Elm Developments' Portrait Condominium suites can be seen here. Above is the bedroom, to the left is the kitchen, below is the bathroom and below to the left is an artist rendition of the building.

Making the most out of your house

LegalMatters

Jeffrey D. Cowan
jeff@cowanandtaylor.com

Q With the softening of the real estate market we hear there is a lot of inventory out there that no one is purchasing due to uncertainty. As a real estate lawyer do you have any tips that might make my house more marketable?

A This is actually a question more for your trusty real estate agent but I can put in my two cents. I think the most important consideration is being realistic and very rational as to why you are selling. If you drastically need more space or someone comes along with an offer you can't refuse then you know what you have to do. But if you just feel like a change: Perhaps not? One issue that is propelling a lot of buyers into the market is the low interest rate. This is all fine when you find a great house you want, but you have to remember you have to sell the existing home you own. Realistic pricing is the name of the game. Something people are doing is renovating instead of moving. This can be quite satisfying and increase the value of your property. I have found a site that gives lots of feedback about potential contractors broken down into categories called homestars.com. I don't swear by it but an informed consumer is a better prepared consumer.

Jeffrey D. Cowan is the principal of Cowan & Taylor, Barristers & Solicitors, jeff@cowanandtaylor.com. The information contained in this article should not be relied upon as legal advice.

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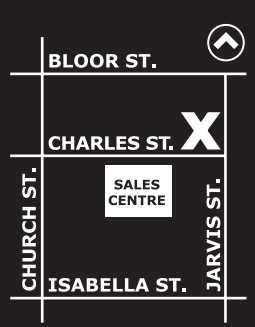

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Canadians consume, on average, more than six teaspoons of added sugar in the morning, which is half the World Health Organization's daily maximum estimate of 12 teaspoons a day. The results come from a national survey commissioned by SPLENDA® Brand Sweetener that looked into Canadians' morning eating habits. METRO NEWS SERVICES

Food

Canadian supplier Trudeau introduces the Garlic Duo, a dual function tool that effectively crushes or slices garlic cloves.

Metro News Services

For more

The Garlic Duo has a five-year warranty and is dishwasher-safe. It comes in blue, green or red and has a suggested retail price of $24.99. Visit trudeau.ca for more.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

sporty snacks

Three hearty sandwiches are available at 15 Metro grocery chains across the GTA.

Prefer a catered Super Sunday?

SANDWICH If you don't feel like cooking up a Super Bowl feast for friends and family, grocery retailer Metro is offering big, meaty sandwiches for the big day.

Metro Smoker Carvery sandwiches start with slow roasted beef sliced thick and piled high on Irresistibles Ciabatta bread and smothered in horseradish sauce. Smoker Carvery sandwiches are available in three varieties, Red Grill Angus Roast Beef for $5.99 each, Maple Smoked Pulled Pork for $5.49 each, and Applewood Smoked Chicken for $5.49 each. They are available at 15 Metro locations across the GTA.

METRO NEWS SERVICES

Fill up a super bowl

À **la** carte

Barb Holland

Metro Food Writer

If you'd rather be in front of the TV watching the big game than in the kitchen, here's a hearty beef chili that makes good use of your slow cooker for a hassle-free supper. The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker. Serve with lots of crusty bread and cold beer.

Chipotles are dried smoked jalapeno peppers in a spicy tomato vinegar sauce (adobo sauce). They add a wonderfully rich, smoky flavour. Purée the entire can, including sauce, until smooth. Freeze the remaining in a resealable bag or freezer container for another use, such as my Cranberry Chipotle Glazed Meatballs at metronews.ca/alacarte (Nov. 27, 2008). For another game plan for super bowl supper, try Pulled Pork (Oct. 23, 2008).

Serve this chili with lots of crusty bread and cold beer.

Hearty Beef Chili

If you have a large crowd and a large slow cooker, double the recipe. If you like kidney beans in chili, add a can of drained beans during the last hour. Makes six servings.

INGREDIENTS:

- 2 lb (1 kg) stewing beef
- 1-2 tbsp (15 to 30 ml) vegetable oil
- 2 onions, chopped
- 1 red or green pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 2 tbsp (30 ml) chili powder
- 1 tbsp (15 ml) ground cumin
- 1/2 tsp (2 ml) each salt and pepper
- 19 oz (540 ml) can stewed or diced tomatoes
- 1-2 tbsp (15 to 30 ml) puréed chipotle peppers in adobe sauce or 1 tsp (5 ml) hot pepper flakes
- 19 oz (540 ml) can red kidney beans, drained and rinsed (optional)

METHOD:

Trim any fat off meat and cut into chunks, if necessary. In a large skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Brown meat in batches and transfer to slow cooker.

Add a little more oil to skillet and sauté onion, pepper and garlic until lightly softened, about 5 minutes. Stir in flour, chili powder, cumin, salt and pepper. Add tomatoes and puréed chipotle peppers, bring to a simmer. Pour sauce over beef in slow cooker. Stir well, cover and cook on low for 8 to 10 hours or until meat is tender. If adding beans, add one hour before end of cooking.

Tip: For stove-top preparation: Prepare as above, increasing the liquid to cover the meat in a large Dutch oven or saucepan (beef broth, more tomatoes or beer). Bring to a simmer, reduce heat and cook, covered for 1-1/2 to 2 hours or until meat is tender. Stir occasionally. Add beans for last 20 minutes.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

NFL Super Bowl **XLIII**

LiquidAssets

Peter Rockwell

liquidassets@eastlink.ca

Down south

While I've gone to a lot of far out places to wet my whistle the furthest so far has got to be South Africa.

With a layover in London my trip last fall to the Western Cape took over thirty hours, but it was worth it to get some lips-on perspective as to what's hot and happening in its unique wine regions. Both the shiraz and sauvignon blanc grapes have surpassed old school pinotage in popularity and cool mega blends of umpteen varietals are filling the glasses of those hip to what's cutting edge.

Take **KWV's 2006 Roodeberg Red ($12.95 - $15.99)**. Though the brand is no spring chicken (it recently celebrated it's 50th vintage) its rustic, big-fruited marriage of earth, smoke, spice and chocolate has influenced a whole new wave of ingenious South African blends like **Fairview Cellars' 2006 Goats do Roam Red ($12.95 - $15.99)**.

The Goat's shiraz-led mix of six grapes shows off some nice juicy red berry fruit capped-off by a light candied finish that reminded me a bit of cherry Nibs.

While fresh springbok may be tough to find at your neighbourhood grocery; local game and grilled meats make a nice pairing for both wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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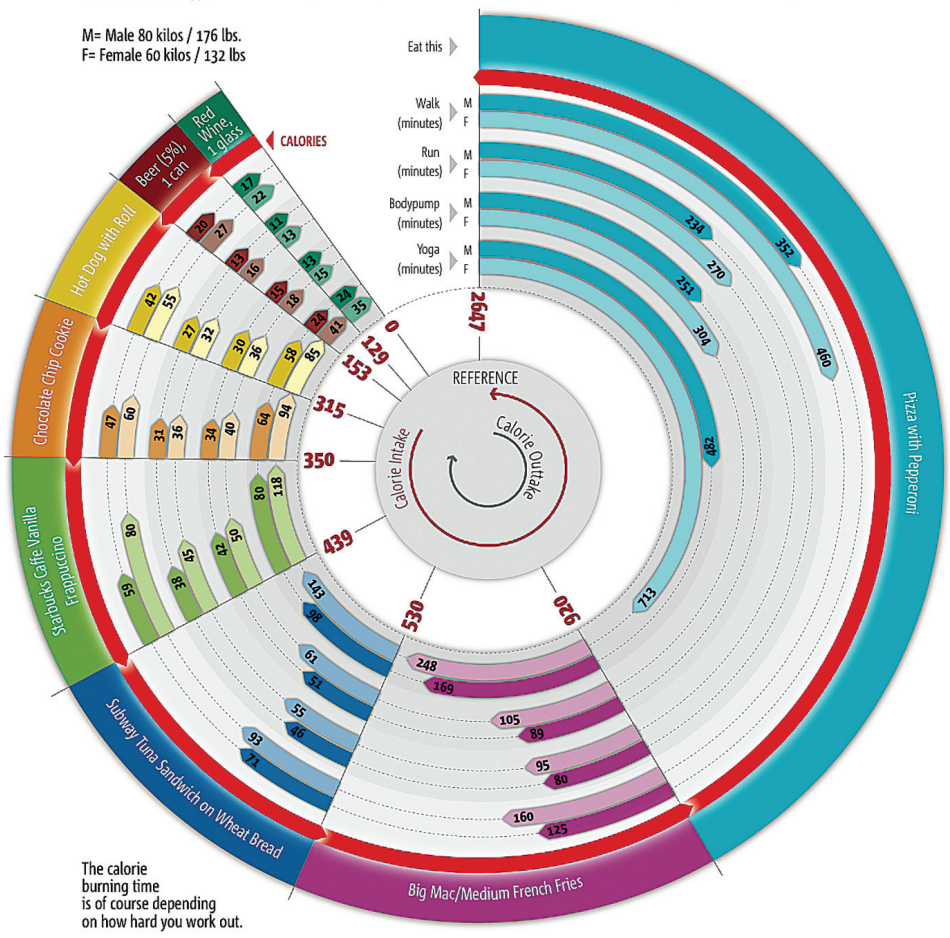
grocerygateway.com

Billy's Best Bottles
"I see a big winery finding a balance between commercially popular style and true wine character. The Toyota and Ikea principal." Read this week's column at metronews.ca.

Calorie Intake and Outtake

Most people don't really know how many calories their every day food contains. Or how hard they actually have to work to get rid of that extra energy.



The calorie burning time is of course depending on how hard you work out.

By Petra Axlund www.SWgraphics.com

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Investigators: *The Principal Investigator* for this study is Dr. Usha George, Dean, Faculty of Community Services, Ryerson University **(ugeorge@ryerson.ca)**
The co-investigator of the study is Dr. Esme Fuller-Thomson, Faculty of Social Work, University of Toronto **(esme.fuller.thomson@utoronto.ca)**

To participate in this survey and for further details: Go to **www.capeinfo.ca** and click on the Online Survey for Foreign Trained Engineers. **If you have any questions about the study contact: Ferzana Chaze (Project Coordinator) at fchaze@gmail.com**

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Monique, Quebec City

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I have cellulite	■	■
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WATER RETENTION MAKES YOU BLOAT!!
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Update your wardrobe for less

Hazelton Lanes, one of Toronto's luxury shopping destinations, is having its annual designer winter sale starting today until Feb. 4. For a limited time only, get up to 70 per cent off selected fall and winter fashions, accessories and home decor. METRO NEWS SERVICE

Style

Banks is the new face of L'Oreal

Elizabeth Banks is getting ready for her close-up as the new face of L'Oreal Paris. The actress is joining the ranks of A-listers including singer Beyonce, Oscar winner Diane Keaton and Desperate Housewives star Eva Longoria Parker as a spokeswoman for the cosmetics company. THE CANADIAN PRESS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Classic footwear rocks

Men's shoes go preppy and casual this spring

BRIAN COULTON
for Metro Canada

This spring, men may not need to look beyond the back of their closet to find the latest trends in shoes.

Classics rock for the fashionable-footed man, with a new wave of '80s greats seeing a return across the footwear field.

Ron White, creator and CEO of Toronto's Ron White Shoes, says retro-influenced '80s products are presently designers' top sellers, pressing major brands to follow in their footsteps.

"It's being adopted by baby boomers because they lived through it and they have a lot of positive thoughts and memories because the '80s was a good time," he says. "If you're in your 20s, you don't remember the '80s, so it's also fresh for the younger crowd."

The classic preppy theme presented itself sparingly last season but White says it will be prominent among this season's styles. "When you think of the look of Nautica, Ralph Lauren and Lacoste, those are classic preppy looks," he says. "It's one of the hottest styles for men's footwear. What that translates into for shoes are penny loafers."

Similar to penny loafers are leather boat shoes, which Michael Pilling, Aldo's public relations coordinator, marks as a new spring casual trend. "Casual is key this season," he says. "Look for relaxed shoes that can be worn for any occasion, with any clothing."

Skater shoes like Chuck Taylors and Vans fit that bill, according to White. "You can be the skater dude at a park and wear it, but you could also put it on with a really cool sweater from Lacoste or Polo and go to the country club." He says the winning skater feature is vulcanized construction, described as a half-inch of white rubber that wraps around the shoe, making the sole appear white.

"If you're in your 20s, you don't remember the '80s, so (this shoe trend is) ... fresh for the younger crowd."
Ron White, designer

But White says fashion must progress, referencing the variations on the skater theme designed by Alexander McQueen for Puma as examples to follow. "When you see these shoes, but done in a fresh way, it will give someone a reason to buy."

One reason to buy a slim, pointy-toed leather dress shoe is because Pilling says it, added to a skater and preppy shoe, will be the splash of dress to set your closet for the summer. "Do not be afraid of it! It is one of the must haves this season and will last for many more to come," he says. "The three pieces can be mixed for work and play – both dress and casual."

The Sophisticate

Updated tapered toe shoe, Ron White, above: $495, below: $565.

The Skater

Skater-style, vulcanized canvas shoe, Aldo, $50.

Yellow converse, Browns, $80.

The Recreational

Blue leather boat shoe, Aldo, $100.

Black leather penny loafter, $119.99, Feet First.

Right: Footwear goes casual classic for spring. Seen here on a model is the GEOX Monet, $180. They feature GEOX's breathable sole. Call 1-866-454 GEOX or visit geox.com to find a retailer nearest you.

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Luxury shoes shine

Metallics, snakeskin prints and earth hues adorn '09 shoes

JENNIFER YANG
for Metro Canada

Boom or bust, women's shoes have a knack for staying well-heeled, even in the most recessionary of times.

This spring is no exception and for anyone wondering where all the wealth has gone, look no further than a shoe-lover's feet.

"Women love shoes and it's that one item that's an attainable luxury," says Canadian designer David Dixon. "What's that saying? 'When the going gets tough, they go shoe shopping?'"

Thankfully, designers aren't subscribing to the recessionary mood and this spring, they're trotting out shoes in luxe, lustrous and bejeweled. In Dixon's own line, there's no shortage of rhinestone-studded straps, rich hues and earth tones paired with brushed metallics.

"There is a fantasy to it, and I think it is a part of the escapism," he says.

While metallics are still popular, one of the biggest materials for 2009 is of the serpentine variety and city dwellers better get used to seeing snake on the pavement.

"What's that saying? 'When the going gets tough, they go shoe shopping?"
David Dixon, designer

"Natural snake, black and white snake, metallic snakes… it's a very rich-looking shoe," explains Julia Brownstein, senior buyer for Browns. "When you do a metallic snake, right away it looks very rich and expensive and it's something you can wear day and night."

With April showers also come lace and flowers, and feet are getting romanced with satin, bows and lacy adornments. As for colours, cobalt and navys are cropping up alongside purples, greens and oranges, as is the classic nude shoe.

"With the economy and the way things are going right now, the type of purchase that will be strong this summer is something neutral that would go with a lot of things," says Brownstein.

But perhaps the biggest shoe of spring is last year's winner, the gladiator, both in sandal and stiletto. Having fought its way into a second round on the runways, the Greco-Roman shoe has re-emerged a bit more refined.

"It really started last year with the basic up-the-leg traditional gladiator, but now a lot of designers are doing it on a platform," says Richard Markowitz, buyer for Davids. "Through the gladiator shoe, you're also getting a more strappy look and the birdcage look."

Heels have undergone some interesting treatments this spring, like tapered points or creative detailing, but heights are nowhere as lofty as last year.

"That has to do in part with the economy," Markowitz says. "People want something a little more fashionable, something they can wear a couple of times and not just once."

BEBETO MATTHEWS/AP PHOTO

A gladiator design from designer Laura Poretzky is modeled during New York Fashion Week.

Christian Louboutin gladiator shoe, Davids, $995.

Brown snakeskin leather sandals, Feet First, $89.99 (In stores May).

Michael Kors metallic sandal, Browns, $178.

Faux leather Sweetheart Mary Jane Pump, Payless, $60.

Mixed metallic gladiator sandal, Gap, $49.50.

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

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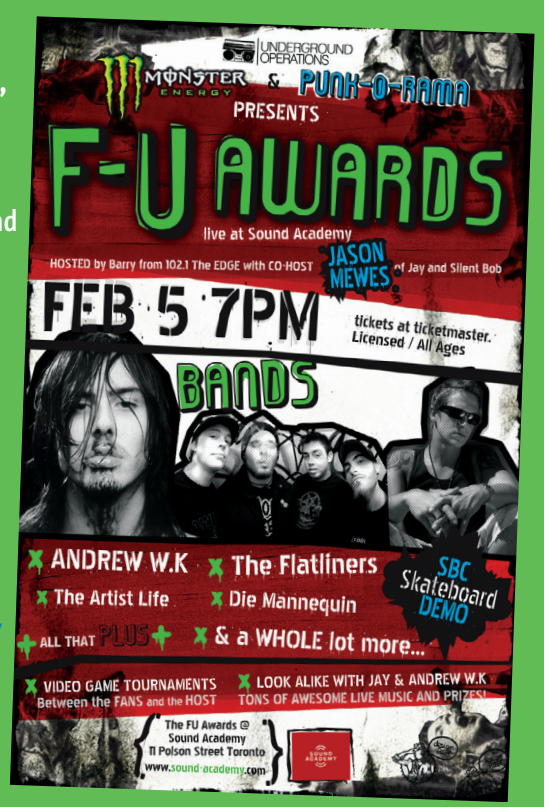

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Who Do You Think You Are?
In a new genealogical documentary series, stars including Sarah Jessica Parker, Lisa Kudrow and Susan Surandon will find out just whom they are related to. The actresses will appear in NBC's Who Do You Think You Are? **USMAGAZINE.COM**

Entertainment

Juno gig

CTV has announced that Sarah McLachlan is the first artist slated to perform live on the Juno Awards broadcast on March 29.
METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

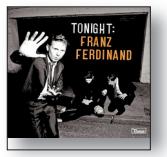
Franz returns Tonight

SONY MUSIC PHOTO

Franz Ferdinand throw club beats and electronica sounds in with their familiar disco-rock style on latest album Tonight.

Franz **Ferdinand**

Album: Tonight
Label: Domino/Sony
Rating: ●●●●



NO MATTER HOW badly fans want their favourite groups to remain consistent, there comes a time when even the most successful acts need to change things up. On Franz Ferdinand's third disc the band takes that leap to the next level, throwing club beats and electronica sounds in with their familiar disco-rock style. Though some fans might not make it through the nearly eight minute Lucid Dreams, the new Franz is definitely improved. Fortunately the band hasn't messed with their formula too much — No You Girls is one of the best dance rock tunes in their oeuvre.

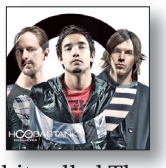
Bryan Borzykowski/for Metro Canada

Music**Reviews**

music@metronews.ca

Hoobastank

Album: For(N)ever
Label: Island/Universal
Rating: ●



AT LAST, A band that truly is as bad as its name. Hoobastank had a treacly hit called The Reason a few years back that was played a few million times too many. We should not forgive those who for some unexplainable reason supported the band back then. It is because of them that Hoobastank was allowed to record two more albums with massive big label backing. Those wretched Hoobastank fans should be locked into a dark room and forced to listen to this sorry excuse for rock 'n' roll until their emo forelocks turn gray and their skinny jeans throttle their thighs. We know who you are. We're coming to get you.

Graham Rockingham/for Metro Canada

Nickel **Eye**

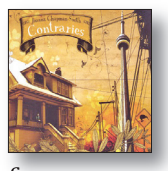
Album: The Time Of The Assassins
Label: Rykodisc
Rating: ●●½

THE DOWN TIME between Strokes records affords an opportunity for bassist Nikolai Fraiture to try his hand at a solo project. The stripped-down acoustic folk-rock a la Dylan and Neil Young complements his lyrical explorations as a travel-happy dropout. But like those wandering years, Fraiture has yet to find his footing. And his monotone, nasal vocals (think Lou Reed meets Leonard Cohen) and oft-repetitive arrangements often drag to the point of grating.

Ian Nathanson/for Metro Canada

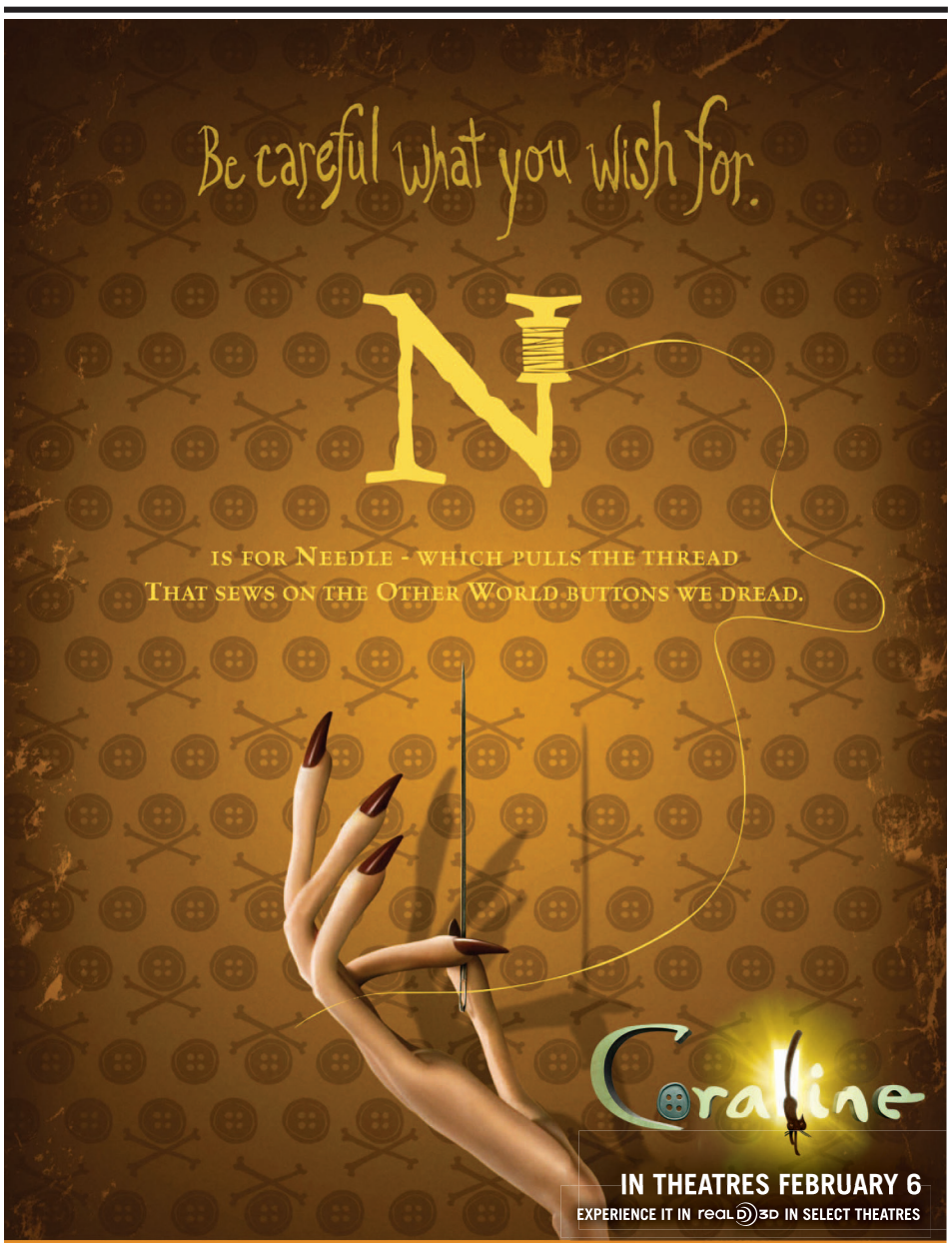
Joanna **Chapman-Smith**

Album: Contraries
Label: Woundup Records
Rating: ●●●



ACCORDIONS CAN BE brandished as sonic weapons, sitting heavy and poised for raucous, foot-stomping mayhem. Not so for Joanna Chapman-Smith. Jazzy, soulful vocals dominate Chapman-Smith's "Canadian ethnic folk" — a mellow collection of folksy tunes that also features clarinet, piano, stand-up bass, scattered percussion flourishes, whistling and even an a capella duet (Body Language). Autobiographical stories like Carnival Song and Between the Mind shine over Chapman-Smith's sparse arrangements and restrained instrumentation. The resulting album plays more like a summertime porch lullaby than a gypsy punk party.

Rob McMahon/for Metro Canada



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SHORT FILM PROGRAMME 1, 9:15pm

Sunday, February 1
LOST SONG, 5:00pm
SHORT FILM PROGRAMME 2, 7:15pm

Monday, February 2
LA MÉMOIRE DES ANGES, 7:00pm
ADORATION, 9:00pm

Thursday, February 5
BEFORE TOMORROW, 7:00pm
HEAVEN ON EARTH, 9:15pm

Friday, February 6
CE QU'IL FAUT POUR VIVRE, 8:45pm

Saturday, February 7
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Vampire actor plays painter

Twilight star Robert Pattinson can't always play a vampire heartthrob. In his next movie, Little Ashes, set in 1922 and described by Variety as an "arty Bohemian romp," the actor plays Salvador Dalí as a young man. **PEOPLE.COM**

In-Flight **Safety**

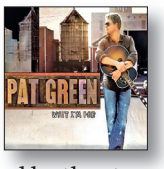
Album: We Are An Empire, My Dear
Label: This Is Night/Outside
Rating: ◍◍◍½

THERE ARE FAR too many Coldplay and U2 wannabes in Britain without adding to the list from Canada. Unfortunately, In-Flight Safety forces the comparison to the British rock giants on Big White Elephant, the showcase tune on the Halifax band's new album, We Are An Empire, My Dear. We could probably excuse the anthemic keyboards and rhythm piercing guitars, but John Mullane's reaching vocals are just too close to Chris Martin's doe-like mews. Fortunately, it's not all like that. The band hits the mark on the very next track, Model Homes, and there are flashes of East Coast indie brilliance throughout. The band is probably most effective when it resorts to gang vocals, deflecting the Coldplay analogies.

Graham Rockingham/for Metro Canada

Pat **Green**

Album: What I'm For
Label: Sony
Rating: ◍◍◍



PAT GREEN WAS best as an outsider from Texas knocking on Nashville's doors, respected by the star-making machinery but never fully accepted. Oh, but the yearnings of stardom are strong. Especially when fellow men-without-cowboy-hats like Keith Urban and Dierks Bentley are hitting it big playing guitar heavy country rock. With What I'm For, Green takes a stab at stardom, conceding just enough to the mainstream 'new country' to guarantee airplay. At times, it may be a tad too much though. On the opening track, Footsteps Of Our Fathers, Green sings "let's rip a page out of the Hank Williams' hymnal." Hopefully, Green isn't closing the book on Hank.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

Science of the music brain

MUSIC Michael Bublé learned a valuable lesson while participating in a documentary on the complex interplay between music and the human brain.

The Canadian crooner is normal, after all.

"It actually was really nice to learn that most human beings have responded the same way as I do to music," he said.

Meanwhile, Police frontman Sting had a very different reaction to The Musical Brain, (CTV, 7 p.m. ET on Saturday) which provides a look at the connections between music, memory and the functions and growth of the brain and also features interviews with Canadian chanteuse Leslie Feist and former Fugees guitarist Wyclef Jean.

Though Sting willingly participated in a variety experiment with McGill's Dr. Daniel Levitan, he eventually bristled and said that examining the science behind music made him uneasy.

THE CANADIAN PRESS

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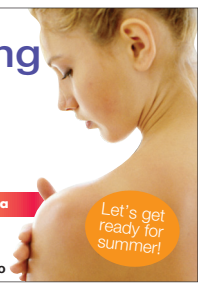

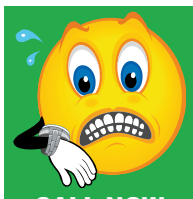

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SPREADING THE WEALTH
Sir Richard Branson Visits Virgin Radio

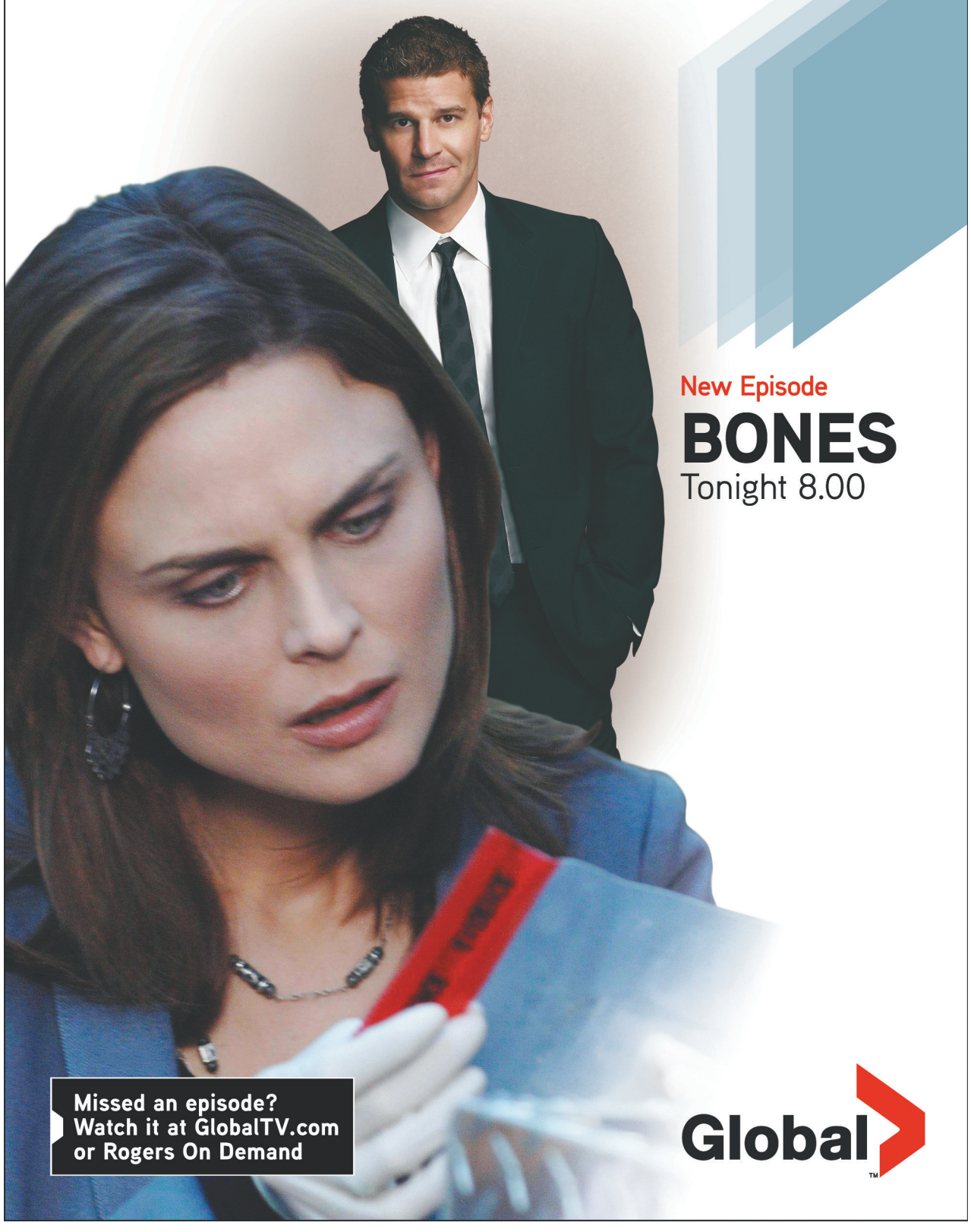
PLANET MAURIE PHOTO

Sir Richard Branson dropped by Toronto's Virgin Radio 999 yesterday morning. Sir Richard spoke with Mad Dog & Billie of The Breakfast Show about the station's new contest "Live Like a Millionaire."

To view the full interview and contest details, visit virginradio999.com.

Virgin RADIO 99.9 FM

"the evidence keeps pointing towards Booth"



New Episode
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Madonna top concert draw

Madonna ranks as an easy No. 1 on a list of top 20 concert tours. The pop star grossed US$5.2 million last week with an average ticket price of $142.38, according to data provided to the trade publication Pollstar. **THE CANADIAN PRESS**

Most memorable halftimes

GETTY IMAGES FILE PHOTO

Janet Jackson, left, and Justin Timberlake set off a firestorm of complaints, a $500,000 US fine for CBS and worldwide talk of the so-called "wardrobe malfunction" at Super Bowl XXXVIII.

IAN NATHANSON
for Metro Canada

It's as old — and often as overhyped and controversial — as the Super Bowl itself.

Yet what millions upon millions view as that entertaining diversion between the NFL championship's second and third quarters took years to find its stride.

Since the game's 1967 inception, the likes of American college marching bands, drill teams, incarnations of motivational singing troupe Up With People and the odd vocal act (Chubby Checker, Carol Channing) typically filled a 15-minute average time slot.

By the 1990s, a directional change and barking orders to "go big-name" led to bringing in more established acts from country music, R&B, pop and rock.

The Super Bowl halftime show also affords a great excuse to go overboard on stage presentation and excessive stars-and-stripes patriotism.

So it might not surprise anyone if this year's halftime act, Bruce Springsteen and the E-Street Band, happens to dole out a rendition of Born in the U.S.A. to get the crowd at Tampa, Fla.'s Raymond James Stadium all fired up.

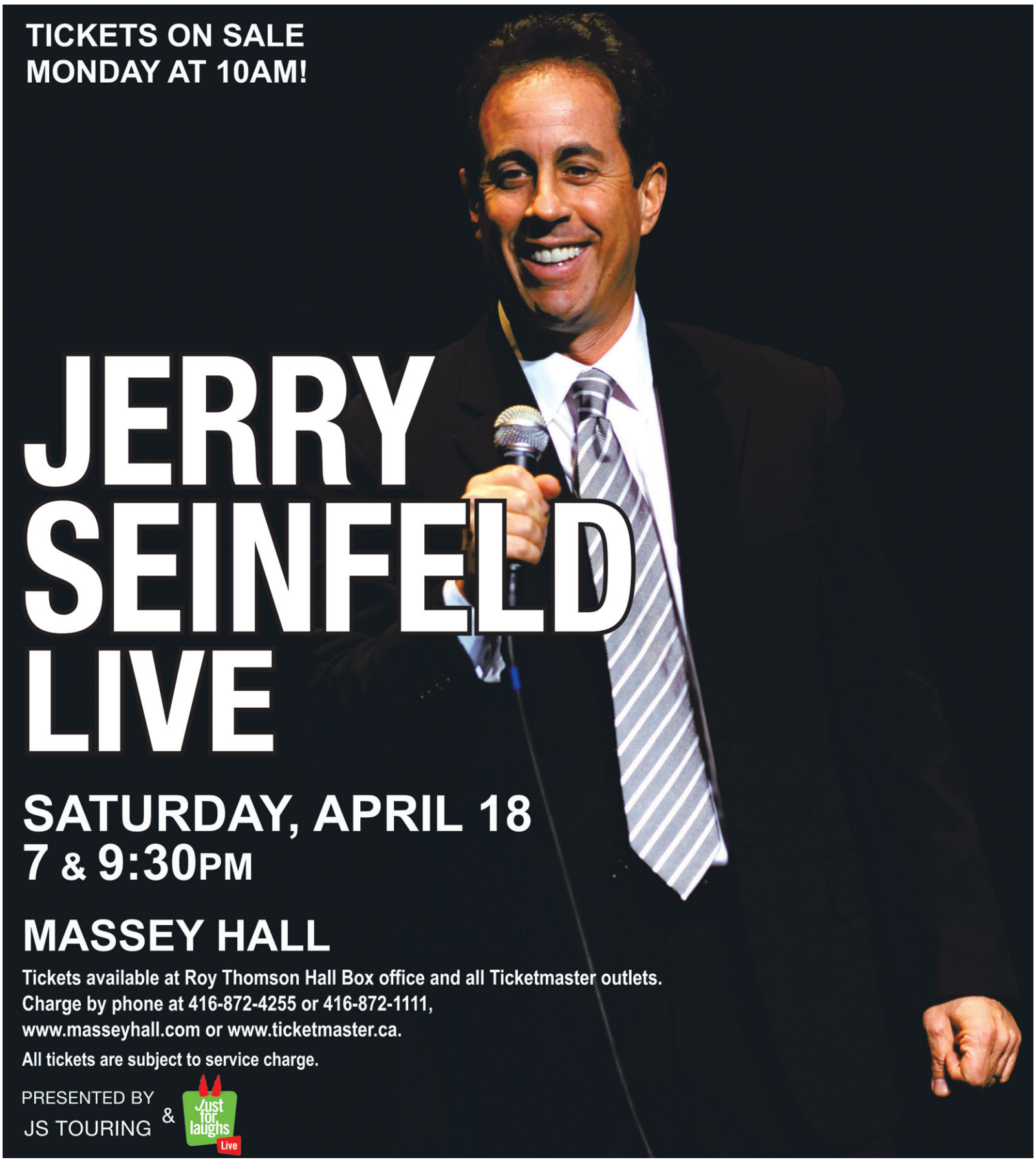
Springsteen's appearance also marks a five-year anniversary of the Super Bowl opting to go with safe, guaranteed-not-to-offend veteran rock acts, following 2004's infamous Nipplegate incident (more on that later).

Ultimately, though, will there be some highlight in Springsteen's set that can compare to the following list of memorable halftime show moments of Super Bowls past? Guess we'll find out on Sunday.

NFL
Super Bowl XLIII

Top Super Bowl halftime highlights:

- **5. Michael Jackson, Super Bowl XXVIII, 1993:** Talk about grandeur: The King of Pop singing Heal the World accompanied by a choir of 3,500 Los Angeles-area children. Following this performance the NFL and the Super Bowl broadcaster of the day agreed to bring aboard big-name acts to draw in viewers.
- **4. Aerosmith, 'N Sync, Britney Spears, Mary J. Blige, Nelly, Super Bowl XXV, 2001:** A bridging of two generations: Veteran rockers Aerosmith get down with superstar popsters 'N Sync (featuring a more innocent Justin Timberlake) and Britney getting their chance to warble the rapid-fire lyrics of the mid-'70s classic, Walk This Way.
- **3. U2, Super Bowl XXVI, 2002:** Bono's typical frontman showmanship wasn't the star of this performance. Instead, the sight of a simple banner that scrolled the names of the 3,000 men and women who died during the 9/11 attacks just months before was enough to tug at the collective heartstrings.
- **2. Prince, Super Bowl XLI, 2007:** Even with a controversial silhouette of a revealing pose, His Royal Purpleness let loose a top-notch 12-minute set of his classics — as well as musical shout-outs to Foo Fighters, Queen, Bob Dylan and CCR — all capped by a rain-soaked Purple Rain complete with blistering guitar solos.
- **1. Jessica Simpson, Nelly, P. Diddy, Kid Rock, Janet Jackson and Justin Timberlake, Super Bowl XXXVIII, 2004:** A.k.a. Nipplegate. Those final few seconds of J.T. opening a piece of Janet's clothing to reveal a star-shaped shield over her right nipple was enough to set off a firestorm of complaints, a $500,000 US fine to CBS and worldwide talk of the so-called "wardrobe malfunction." All of this placed the Super Bowl under the FCC's watchful eye, prompting a switch to safer, family-approved rock acts for future halftime shows.



In brief

WRESTLING Listen up wrestlin' fans, actor Mickey Rourke is ready to rumble with WWE superstar Chris Jericho at Wrestlemania 25 on April 5. Rourke portrays a professional wrestler in the movie The Wrestler. **THE ASSOCIATED PRESS**

Obama TV bill nixed

Bucking the Obama administration, House Republicans yesterday defeated a bill to delay the upcoming transition from analog to digital television broadcasting to June 12 — leaving as many as 6.5 million U.S. households unprepared for the switchover.

The 258-168 vote failed to clear the two-thirds threshold needed for passage in a victory for GOP members, who warn that postponing the transition from the current Feb. 17 deadline would confuse consumers.

House Republicans say a delay also would burden wireless companies and public safety agencies waiting for the spectrum that will be freed up by the switch, and create added costs for television stations that would have to continue broadcasting both analog and digital signals for four more months.

The defeat is a setback for President Barack Obama and Democrats on Capitol Hill, who maintain that the Bush administration bungled efforts to ensure that all consumers — particularly poor, rural and low-income Americans — will be ready for next month's analog shut-off.

Gene Kimmelman, vice-president for federal policy at the Consumers Union which has been lobbying for a delay, said he hopes House Democrats will bring the bill up again for a regular floor vote.

THE ASSOCIATED PRESS

President vs. Idol

- President Barack Obama provided some solid competition for American Idol in the prime-time ratings. ABC's Neighborhood Ball, with Inauguration Night performances from will.i.am and Stevie Wonder, was seen by 12.6 million people, according to Nielsen Media Research. It competed directly against American Idol on Fox. Idol won, but its Tuesday night audience of 22.8 million was clearly affected by interest in the new president.

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MTV's The City renewed
Despite less than stellar ratings, Whitney Port's MTV reality show, The City, has been renewed, according to The Hollywood Reporter. METRO NEWS SERVICE

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Rick McGinnis
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FAT LIKE ME: Like NASCAR, Heroes and MTV "reality" shows like The Hills and The City, Oprah Winfrey is more interesting to write about than actually watch. This would explain the massive essay on Oprah's latest crisis of self-image published this week in the New York Post.

At 2,173 words — the equivalent of a John Dos Passos novel in the cramped spaces of a modern tabloid newspaper — it sums up the cycle of binge and purge, both physical and emotional, throughout Oprah's career, and its centrality to the phenomenon of what writer Maureen Callahan quite accurately calls "America's most prominent secular spiritual leader," albeit one who, earlier this month, aired a confessional episode of her daytime talk show expressing her mortification that she'd ballooned back to over 200 lbs.

Callahan interprets Oprah's crisis as a metaphor for America's economic crisis — "A nation that spends more money than it has may face a depression, much in the way that a person who consumes more calories than she expends might, too," she writes — but this sociological party trick is getting a little tired by now.

Callahan wonders aloud whether Oprah's success comes more from moulding the culture to reflect herself or from being the quickest to react to its nascent trends. And while there's nothing trailblazing about being an overweight American, there are few people who can enlist a support group as influential — or unusual — as Oprah's.

Jennifer Harris, the author of The Oprah Phenomenon, wonders that she's "always said that you can't depend on others for your happiness, not letting others define you … Meanwhile she's surrounded by all these people telling her she needs to control her authentic self, as if it's an unruly child." Callahan goes on to describe "the soldiers in Oprah's army of self-help: Dr. Phil McGraw, overweight author of diet books and unlicensed TV therapist; Eckhart Tolle, who speaks of the 'pain body' and charges $40-$150 a pop for lecture tickets … and Marianne Williamson, who had as a mentor spirit named 'Seth,' channeled via a psychic."

The good news is that, if you're moved to explore this further, a book has recently been published — Oprah Winfrey And The Glamour Of Misery, by "Oprah scholar" Eva Illouz — and that hatchet-job biographer Kitty Kelley has a book on Oprah coming out next year, which promises to bring the sordid big time.

Like a baseball stats book, these books are products of an ancillary industry that makes actually consuming a game or a show entirely beside the point.

Rick McGinnis writes about music, movies, books and television, but not opera.

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/29/09	265	353	2	TVO	Eco Engineering (N)		The Agenda With Steve Paikin		After the Deluge (N)		Masterworks (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Bones "Fire in the Ice"		The Office	The Office	The Unit (N)		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Ugly Betty (HDTV)		30 Rock	30 Rock	Hell's Kitchen (N)		News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) (N)		CSI: Crime Scene Invstgtn.		(10:01) ER (HDTV)		News (N)
	218	345	11	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim	*Shock to the System* ★★ (2006, Mystery) Chad Allen.				News (N)
	137	763	13	TFO	Panorama		Pointe-aux-chimères		*Classe tous risques* ★★ (1960, Drame) Lino Ventura.				Volt
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Smallville "Power" (N)		Supernatural (HDTV) (N)		Akron: Live From the Bell Centre (N)		
	-	387	16	CBS	Inside Edition	Hollywood	Criminal Minds (HDTV)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Name Is Earl	Kath & Kim	The Office	30 Rock	(10:01) ER (HDTV)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (HDTV)		Grey's Anatomy		(10:02) Private Practice (N)		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Law & Order: Criminal Intent		Eleventh Hour "Eternal"		(10:02) Private Practice (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) (N)		Hell's Kitchen (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Goodnight Swt.	Doc Martin		Voyages of Discovery		MI-5		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville "Power" (N)		Supernatural (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV) (N)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	CBC News	Newman	The Hour Jimmy Carter.		CBC News: The National		Doc Zone: Fidel Castro		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	CNBC Reports (HDTV)				The Entrepreneurs		On the Money		Mad Money
sports	405	417	22	net	World Combat League		UFC: Access	World Combat	Hockeycentral	NHL Hockey Toronto Maple Leafs at Colorado Avalanche.			
	400	400	30	TSN	NHL Hockey Montreal Canadiens at Florida Panthers. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	81	SC	NASCAR Pre.	Pass Time (N)	Pinks -- All Out		Pinks -- All Out		Wrecked	Wrecked	NASCAR Pre.
family	551	542	25	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama	The Critic	Robot Chicken	Undergrads
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	House	Maxed Out
	570	580	29	MM	Pimp My Ride	America's Best Dance Crew			America's Best Dance Crew		Punk'd	Punk'd	Video on Trial
	615	520	31	A&E	The First 48 (HDTV)		The First 48 Cabdriver.		The First 48 (HDTV) (N)		The Beast "Nadia" (N)		The Beast
	700	800	35	TLN	Centrovetrine	Sky TG 24	Treno di Panna				Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Back In	Storytellers Kid Rock. (N)		Celebrity Wrestling		Confessions of a Teen Idol		Listed
	575	583	38	CMT	Top 20 Steamiest Video		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Beerfest* ★★ (2006, Comedy)		
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*Eighteen* (2004, Drama) Brendan Fletcher, Carly Pope.				Law & Order
	601	562	41	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	10 Pounds	Last 10	The Biggest Loser		ET Canada
	522	506	43	HIS	NCIS		Lost Worlds Atlantis.		Deep Wreck Mysteries		NCIS		Ancestors
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Panic Room* ★★★ (2002, Suspense)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		Baldwin Hills	Baldwin Hills	*Two Can Play That Game* ★ (2001, Romance-Comedy)				Judge Hatchett
	627	528	50	SPC	Rabbit Fall	Rabbit Fall	Lost "Walkabout"		Star Trek: Voyager		Ghost Hunters International		Stargate SG-1
	581	566	52	MTV	Mom & Dad	After	MTV News	Cribs	The Real World		Bromance		MTV Live
	618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes
	261	394	60	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*Conrack* ★★★ (1974, Docudrama) Jon Voight, Paul Winfield.				Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Paparazzi Paparazzi.		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
	115	711	101	TVA	Le Petit Monde de Laura Cad		Juste pour rire (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Most Haunted		Most Haunted		Passion	Homicide File	Psychic Inv.
	300	601	301	M1	(7:15) *Mama's Boy* (2007, Comedy) Jon Heder.				*Walker Payne* (2006, Drama) Jason Patric.				*Vantage Point*
	305	612	306	PIX	(5:30) *Giant* ★★★★ (1956, Drama) Elizabeth Taylor.				*Platoon* ★★★★ (1986, War) Tom Berenger.				*Once Upon*

critics' corner

Hell's Kitchen
Sharp-tongued chef Gordon Ramsay slices and dices another batch of contestants in a new season of the restaurant reality series. All the competitors love to cook, but the one who wins a chance to run his or her own eatery will be the one who can stand being repeatedly raked over the coals by the inimitable Ramsay. They don't call this show "Hell's Kitchen" for nothing. 9 PM on FOX

Walker Payne
Dog lovers, beware: This 2006 drama contains some very explicit canine fighting scenes. Jason Patric stars as an unemployed quarry worker in 1957 Illinois who falls behind on his child support. His ex (Drea de Matteo) offers him full custody of his daughters for $5,000. He has no way to raise that kind of money until a new arrival in town (Sam Shepard) persuades him to get his beloved pit bull into the fight ring. KaDee Strickland also appears. 9 PM on M1

Dealer accused of stealing rare book

SHAKESPEARE British police charged a book dealer yesterday with stealing a rare First Folio of Shakespeare's plays from a university library a decade ago. Police in Durham in northeast England say the 1623 volume is worth about three million pounds. It was among seven centuries-old books and manuscripts stolen from a display case at Durham University library in 1998.

Sheridan invited to Austrian ball

CELEBRITY A quirky Austrian businessman says he's taking Desperate Housewives star Nicollette Sheridan to Vienna's flashy Opera Ball next month. Richard Lugner is a 76-year-old real estate and construction mogul who loves the limelight. Each year, he invites a different female celebrity to accompany him to the annual bash in the State Opera.

THE ASSOCIATED PRESS

In brief

FIRE The house where author Cormac McCarthy, whose works include No Country for Old Men, grew up has been destroyed by a fire. The blaze was discovered by neighbours Tuesday. THE ASSOCIATED PRESS

Hannigan's food flip
After getting pregnant, Alyson Hannigan says she quit being vegan. "I basically went from being a vegan to ... now it's meat and cheese — and ginger ale," she told usmagazine.com. METRO NEWS SERVICES

Celebrity Buzz

Abdul pulls another diva act on Idol

PEOPLE Paula Abdul's wacky antics returned on Tuesday's American Idol episode, usmagazine.com reports.

Miffed because the other three judges didn't ask her what she thought of 19-year-old contestant Julissa Veloz, Abdul walked out of an audition in Jacksonville, Fla.

Simon Cowell and new judge Kara DioGuardi had just offered their critiques when Abdul interrupted, "OK, I guess my opinion doesn't matter. It's so funny because there's four judges ... sometimes we forget there's a fourth opinion in this room." She then walked off.

The contestant then followed Abdul and begged her to come back out. After some prodding, Abdul returned and voted Yes on sending Julissa to Hollywood.

METRO NEWS SERVICES

Jolie still friendly with ex hubby

RELATIONSHIP Angelina Jolie certainly seems to have mastered the stay-friends-with-your-ex technique, intouchweekly.com reports. Her second husband Billy Bob Thornton recently said that he'd love to work with his ex-wife again. "I'd like to do another movie with Angie, too, one of these days."

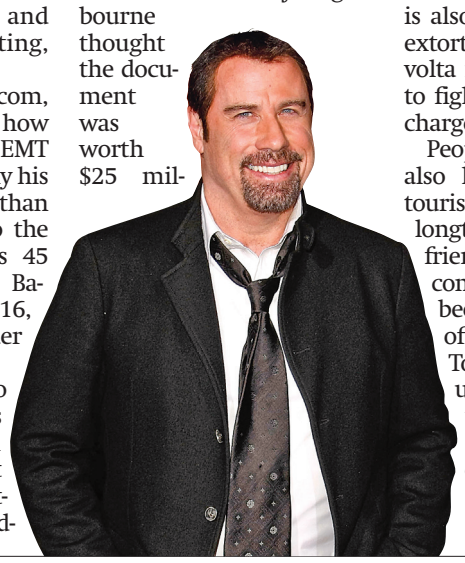
METRO NEWS SERVICES

Paper key in Travolta extortion case: Reports

DOCUMENT The item at the centre of the John Travolta extortion case: A "refusal to transport" document, RadarOnline.com and TMZ.com are reporting, people.com reports.

According to TMZ.com, the document detailed how "John Travolta told EMT workers he wanted to fly his son to Florida rather than drive by ambulance to the hospital ... which was 45 minutes away" in the Bahamas, where Jett, 16, died of a seizure disorder Jan. 2.

Paramedic Tarino Lightbourne was charged Monday with conspiracy to commit extortion and attempted extortion for allegedly demanding $25 million US to keep the document private. (As TMZ points out, it is unclear why Lightbourne thought the document was worth $25 million, as it was irrelevant to Jett's death.)



Former Bahamian senator Pleasant Bridgewater, who is also accused of trying to extort money from the Travolta family, said she plans to fight "untrue and unfair charges" against her.

People.com reports police also had detained former tourism minister — and longtime Travolta family friend — Obie Wilchcombe, but he "has not been charged," Minister of National Security Tommy Turnquest told usmagazine.com. "He was not arrested; he was questioned on Friday."

METRO NEWS SERVICES

Phoenix's rap act a hoax?

PEOPLE Joaquin Phoenix told the world he's quitting acting. Then he took to the stage in Vegas on Jan. 16 to debut his new career as a rapper. But people.com is wondering if it is all an elaborate hoax.

That's what Entertainment Weekly is also reporting. Sources tell the magazine's Hollywood Insider blog that Phoenix's bizarre career change, which Casey Affleck (who's married to Phoenix's sister Summer) has been filming, is a joke at the expense of the entertainment media and actors who take themselves too seriously.

"He said, 'It's a put-on. I'm going to pretend to have a meltdown and change careers, and Casey is going to film it,'" says one source who recently worked with Phoenix.

Like Andy Kaufman before him — or maybe even Sacha Baron Cohen — Phoenix isn't expected to break character anytime soon, EW reports: "It's an art project for him," says a source. "He's going full out. He probably has told his reps that he's quit acting. Joaquin is very smart."

METRO NEWS SERVICES

Mom scared when Miley goes driving

DRIVING Miley Cyrus' mother is a "nervous wreck" when her daughter drives, femalefirst.co.uk reports.

The Hannah Montana star recently passed her driving test, but admits her mom Leticia Finley is still scared to get in a vehicle if she is behind the wheel.

She said: "I'm a good driver but I make my mum a nervous wreck, which makes me nervous."

The 16-year-old star insists she can handle her car and is determined not to let her mother's anxiety get to her.

She said: "I love driving, and I'm pretty good at it — I really am!"

Cyrus drives a Porsche, but it was recently reported she hates being seen in the luxury motor as it used to belong to her mom. Explaining she would have preferred a brand new model, Miley said: "I do have a car. I took my mom's old car. I didn't get the one I wanted, but I got the old car which wasn't so bad because it was a Porsche. I suppose it was a pretty good hand-me-down."

METRO NEWS SERVICES

Macca landed in 'dark place' after divorce

PEOPLE Paul McCartney has revealed his bitter divorce from Heather Mills took him to a "dark place," femalefirst.co.uk reports.

The former Beatles singer — whose divorce from Mills was finalized last year — has described the pain he suffered during the split. The 66-year-old musician gave an honest account of the separation, saying: "I've been through a dark place."

McCartney — who has been dating U.S. heiress Nancy Shevell, 49, since November 2007 — explained his latest album Electronic Arguments, recorded as part of duo The Fireman, was heavily influenced by his failed marriage.

He said: "Love and light is mentioned a lot on the album. Parts of it are dark and edgy. It could be because I've been through a dark place."

METRO NEWS SERVICES

Prince Harry lost love to distance, time

BREAKUP After five years of dating, what caused Prince Harry and girlfriend Chelsy Davy to finally call it quits last week? Those close to the prince believe time and distance may have pulled the 24-year-old royal and the Zimbabwean-born beauty apart, People magazine reports in its upcoming issue, on sale Friday.

Chelsy, 23, is set to graduate from Leeds University this spring and is homesick for Africa, while Harry seems more committed than ever to army life.

When they split was announced, a royal source told People the pair felt their relationship "had run its course."

Still, the news came as a shock to some of Harry's friends. "I don't see this as long-term," a friend says.

Another pal, however, believes it's for real. "It came right out of the blue," he tells People. "But I don't think if he was madly in love with her, he would have knocked it on the head. I think it is a case of, 'Let's call it a day; we had some fun.'"

METRO NEWS SERVICES

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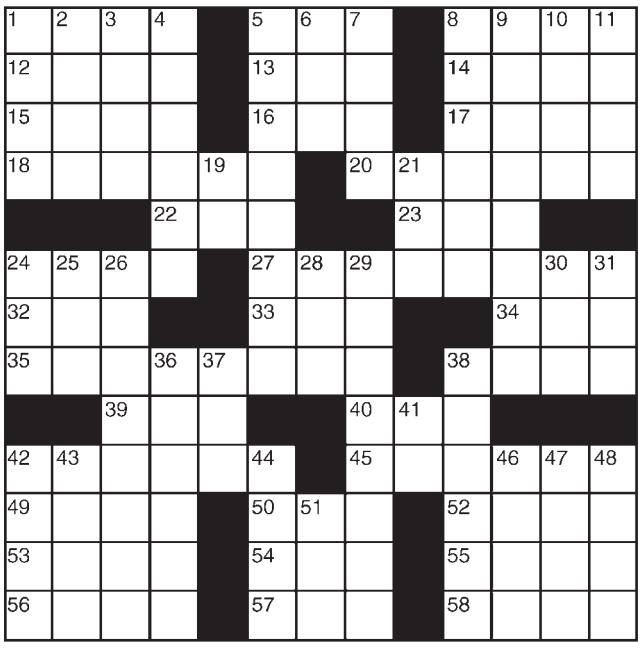

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3	7				5	6	
			3		2			
9	2			7			4	1
		1	9		7	6		
5								9
		2	1		5	4		
8	7			2			3	6
			6		1			
	1	6				8	9	

Crossword across

1 Weaponry
5 "Roscoe"
8 Iolani Palace locale
12 Ayatollah's predecessor
13 Reproductive cells
14 Obnoxiously proper one
15 Gilpin of "Frasier"
16 Aviv lead-in
17 "— never work"
18 Jaundiced
20 Creepy —
22 Lennon's lady
23 Judge Lance
24 "That hurts!"
27 Administered
32 Dos Passos trilogy
33 "I told you so!"
34 Mauna —
35 Uncommunicative
38 Requests
39 Court
40 Knock ('em) dead
42 Disagreeing
45 Cantankerous
49 Big rig
50 Spring mo.
52 Hip bones
53 Tehran's country
54 Snitch
55 Void partner
56 Trig function
57 Blond shade
58 Mirth

Crossword down

1 Venomous vipers
2 Comic Caroline
3 Crumbly deposit
4 1862 battle site
5 Declined
6 "Hail, Caesar!"
7 Body powder
8 Narcotic
9 Museum pieces
10 Mound
11 Unattractive
19 Performing
21 Disencumber
24 "— Gang"
25 Work with
26 Gotham City villain
28 Still, in verse
29 After-taxes value
30 "A mouse!"
31 "— Kapital"
36 Cut aid
37 Massachusetts cape
38 Storefront canopy
41 On the other hand
42 Unrepaired
43 Garr or Hatcher
44 Poet Teasdale
46 Jewish month
47 Anger
48 Bulldogs' school
51 — de deux

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	F	A	R	■	S	O	B	■	A	R	E	A
L	O	G	E	■	P	A	L	■	T	O	R	N
M	O	U	S	S	A	K	A	■	L	U	S	T
S	T	E	A	K	■	■	B	L	A	S	T	S
■	■	■	L	I	A	R	■	A	S	S	■	■
B	A	B	E	■	Q	U	A	D	■	E	B	B
E	R	R	■	F	U	S	S	Y	■	A	I	L
E	M	U	■	E	A	S	T	■	C	U	L	T
■	■	S	A	M	■	E	A	C	H	■	■	■
P	A	S	T	A	S	■	■	B	A	T	H	S
O	R	E	O	■	P	R	U	S	S	I	A	N
K	I	L	N	■	O	U	R	■	E	T	U	I
E	A	S	E	■	T	E	N	■	D	O	L	T

7	6	4	2	1	5	3	8	9
5	3	1	4	9	8	2	7	6
8	9	2	7	6	3	5	1	4
3	4	7	9	8	6	1	2	5
2	8	5	1	7	4	9	6	3
9	1	6	5	3	2	7	4	8
1	7	3	6	4	9	8	5	2
4	5	8	3	2	1	6	9	7
6	2	9	8	5	7	4	3	1

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Creole Veal Grillades

INGREDIENTS:
1 lb (500 g) boneless veal steak or pork tenderloin, 3/4 in (2 cm) thick and trimmed
1 tbsp (15 ml) vegetable oil
1 can (14 oz/392 g) low-sodium stewed tomatoes, undrained and cut up
1 medium yellow onion, sliced
2 yellow and/or green peppers, cut into thin strips
1 tbsp (15 ml) pickled jalapeno pepper, minced
2 cloves garlic, minced
1/2 tsp (2 ml) salt
1/8 tsp (0.5 ml) ground cayenne
3 cups (750 ml) low-sodium chicken broth
1 1/2 cup (375 ml) long-grain rice
4 medium-size scallions with tops, finely chopped
2 tbsp (25 ml) minced parsley

METHOD:
1. Cut veal into 8 pieces. Pound both sides until meat is 1/4 inch (0.5 cm) thick.
2. In nonstick skillet, heat oil over moderately high heat. Add 4 veal pieces and cook 1 to 2 minutes per side or until browned. Remove veal from skillet. Repeat with remaining meat.
3. Add tomatoes, onion, sweet peppers, jalapeno pepper, 1 garlic clove, 1/4 tsp (1 ml) salt, and ground red pepper to skillet and stir. Return meat to skillet. Bring to boil. Lower heat and simmer, covered, 20 minutes or until meat is tender.
4. Meanwhile, in medium-size pot, bring broth to boil. Stir in rice, scallions and remaining garlic and salt. Cover tightly, reduce heat to low and simmer 20 minutes, until water is absorbed. Remove from heat and let stand, lid on, 2 minutes. Fluff with fork.
5. To serve, arrange meat on rice. Spoon tomato mixture over meat and rice. Sprinkle with parsley.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Take directions when changing your plans. Don't deal with other people's garbage. Something will be said that causes extreme disapproval.

TAURUS
APRIL 21-MAY 21
A fiery debate makes you feel frisky. You'll get a thrill when reading someone's mind. Being with a compassionate person will be soothing.

GEMINI
MAY 22-JUNE 21
Be the hero of a surprising story. Getting involved in an injustice will give you problems. A stranger will be too funny for words.

CANCER
JUNE 22-JULY 22
A down-to-earth approach will work out well. A gloomy dilemma benefits you. A thrilling predicament creates a diversion.

LEO
JULY 23-AUG 23
A man has to change tactics. A scandalous deed looks like more fun than it is. Avoid further contact with an unrequited lover.

VIRGO
AUG 24-SEPT 22
A smiling man's erratic behaviour makes you lose focus. A suspicion is wrong because of misinformation. A traumatized person finds a way to escape.

LIBRA
SEPT 23-OCT 23
Co-operate with a weirdo after a warning speech. An anxious person will make a leap of faith. You are no longer responsible for a sticky situation.

SCORPIO
OCT 24-NOV 22
One of your friends will finally get some work done. An alcoholic's secrecy will disturb a loved one. Remarkable news will lead to grief.

SAGITTARIUS
NOV 23-DEC 21
A new love is magnificent. Talking with a freeloader gives you problems. Someone is listening carefully to everything you say.

CAPRICORN
DEC 22-JAN 20
A sweetheart's cruelty is driven by creativity. Lift friendship to a new plane by sticking to the facts. A painful suggestion causes resistance.

AQUARIUS
JAN 21-FEB 18
You'll be tough to beat in an argument. A smart person is interesting, but inhibiting. Somebody you love will get baffling news.

PISCES
FEB 19-MARCH 20
Fate looks kindly upon you. A disagreement results from a strange encounter. Someone's tedious rituals will displease you.

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